DOCUMENT RESUME

ED 316 527 SP 032 082

AUTHOR Updegrove, Natalie A.
TITLE Adult/Patient Nutrition Education Materials. January 1982-October 1989. Quick Bibliography Series.
INSTITUTION National Agricultural Library, Beltsville, MD.
REPORT NO QB-90-18
PUB DATE Jan 90
NOTE 46p.
PUB TYPE Reference Materials - Bibliographies (131)

EDRS PRICE MF01/PC02 Plus Postage.
DESCRIPTORS *Dietetics; Eating Habits; Exercise; *Health Promotion; Hypertension; *Nutrition; Obesity; *Older Adults; *Physical Health; Stress Management

ABSTRACT

This publication contains abstracts of books, articles, and research studies on the subject of adult patient nutrition. The materials offer dietary guidelines for mature individuals with a variety of ailments. The citations in this bibliography were entered in the "Agricola" database between January, 1979 and October, 1989. (JD)

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Adult/Patient Nutrition Education Materials

January 1982 - October 1989

Quick Bibliography Series: QB 90-18
Updates QB 89-43

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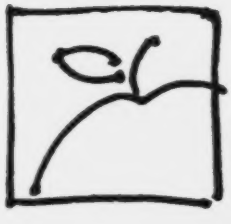

Food & Nutrition

National Agricultural Library **Beltsville, Maryland 20705** **January 1990**

National Agricultural Library Cataloging Record:

Adult/patient nutrition education materials

(Quick bibliography series ; 90-18)
1. Nutrition--Study and teaching--Bibliography. I. Updegrove, Natalie.
aZ5071.N3 no.90-18

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ADULT/PATIENT NUTRITION EDUCATION MATERIALS

SEARCH STRATEGY

S1	18206	(ALCOHOL OR WELLNESS OR DIABETES OR DIET OR DIETING OR EXERCISE OR FITNESS)/TI,DE
S2	28675	(WEIGHT()CONTROL OR OBESITY OR WEIGHT()REDUCTION OR NUTRITION OR EATING OR MISINFORMATION OR QUACKERY)/TI,DE
S3	13117	(STRESS OR SNACK? ? OR RENAL OR ULCER OR HEMODIALYSIS OR KIDNEY OR VEGETARIAN OR VEGETARIANISM OR FOOD()ALLERGY)/TI,DE
S4	19671	(HEART()DISEASE OR FAT OR CHOLESTEROL OR DIETARY()GUIDELINES OR SODIUM OR SALT OR HYPERTENSION)/TI,DE
S5	9334	(HIGH()BLOOD()PRESSURE OR ELDERLY OR SHOPPING OR LABELS OR LABELING OR FAST()FOOD OR DENTAL()HEALTH OR FIBER OR ANOREXIA OR BULIMIA)/TI,DE
S6	77553	S1 OR S2 OR S3 OR S4 OR S5
S7	11341	S6 NOT DT=ARTICLE
S8	4749	S7 AND SF=FNC
S9	946	S8 AND (ADULT()EDUCATION OR PATIENT()EDUCATION OR IL=GENERAL OR IL=ADULT OR COLLEGE()LEVEL OR COLLEGE()AGED OR CONSUMER()EDUCATION
S10	877	S9 NOT (IL=JUVENILE OR IL=PRIMARY OR IL=SECONDARY OR IL=ELEMENTARY OR JUNIOR()HIGH OR HIGH()SCHOOL OR PRIMARY()GRADES OR SECONDARY()GRADES OR MIDDLE()SCHOOL.
S11	528	S10 NOT (FOOD()SERVICE OR FOOD()PROCESSING OR SOFTWARE OR POPULAR()WORKS OR WIC OR MATERNAL OR PREGNANCY OR INFANT OR CHILD?)
S12	1443	DT=INSTRUCTIONAL OR DT=KIT OR DT=MEDIA OR DT=MOTION OR DT=POSTER
S13	711	DT=OTHER ACCOMPANYING MATERI OR DT=POSTERS OR DT=RECORDING OR DT=SLIDE
S14	65	DT=SLIDES OR DT=TRANSPARENCY OR DT=VIDEO OR DT=VIDEOCASSETTE
S15	1305	DT=VIDEORECORDING OR DT=VIDEOTAPE OR DT=AV OR DT=CHART OR DT=FILMSTRIP
S16	25	DT=FLIP CHART OR DT=GAME
S17	2319	S12 OR S13 OR S14 OR S15 OR S16
S18	1603	S17 AND SF=FNC
S19	342	S11 AND S18
S20	186	S11 NOT S18
S21	135	S19 AND PY=1982:1989
S22	55	S20 AND PY=1982:1989

BOOKS AND PRINT MATERIALS

0001
AADE reference manual for evaluation of diabetes education programs.
Pitman, New Jersey : American Association of Diabetes Educators, 1982 . Cover title. 26 p. : ill. ; 28 cm. Includes bibliography: p. 24-26. (NAL Call No.: DNAL R727.4.A22).
Abstract: A set of comprehensive guidelines for evaluating diabetes programs and patients is provided primarily for new educators. The manual attempts to clarify and condense existing evaluation theories and methods. Concepts, sample forms, lists, tables and examples are provided.

0002
Better eating for better health : instructor's guide / American Red Cross.
Washington, D.C. American National Red Cross c1984. Developed in conjunction with U.S. Dept. of Agriculture, Human Nutrition Information Service v, 188 p. : ill. ; 29 cm. Bibliography: p. 185-186. (NAL Call No.: TX354.B472 F&N E-4412).
Abstract: A teacher's guide for the American Red Cross nutrition course presents a detailed plan for teaching the 6 sessions of the course to educate adult consumers to enable them to make informed food decisions for improving health and for maintaining good health status through sound nutrition. A total of 25 types of activity sheets and resource materials accompany the teacher's guide. The 6 sessions cover: food and you; food composition; eating for health; food decisions; sound nutrition practices throughout life; and a summary session covering an overview of course principles. A description of the Red Cross film "Table Tales", and information on food additives, guidance for improved eating quality, and selected current nutrition references are appended. A separate participant's guide for the course is available. (wz)

0003
Bibliography on anorexia/bulimia /prepared by Mrs. Virginia Noir. --.
Noir, Virginia. Roseland, New Jersey? : V. Noir?, 1984? . Cover title. 8 leaves ; 28 cm. (NAL Call No.: DNAL FNC RC552.A5N63 F&N E-4493).
Abstract: A listing of 45 books, popular magazine articles, 2 pamphlets, and an audiovisual is provided for people interested in learning more about the two eating disorders anorexia nervosa and bulimia. Anorexia is a refusal to eat, which can result in extreme weight loss. It is primarily a disease of adolescent girls, usually precipitated by normal dieting to lose weight. Bulimia sufferers alternately binge, and then purge themselves of ingested food by self-induced vomiting or by taking laxatives. Victims of these 2 eating problems have a pathological need to be thin, coupled with an inability to see themselves as anything but fat. Addresses and telephone numbers are included for 3 organizations for further information on anorexia and bulimia. (wz)

0004
Cholesterol calorie clockCholesterol Clock.
La Crosse, Wis. : Cholesterol Clock, c1987. Copyright held by Brenda Roth. 1 sliderule and 2 wall charts. (NAL Call No.: DNAL Kit no.49).
Abstract: Wheel counters and charts for calculating daily calorie and cholesterol intakes are provided in this handy combination booklet and poster set. Foods are assigned "cholesterol points" based on their cholesterol, saturated fat, polyunsaturated fat, and fiber content; daily limits are recommended based on one's blood cholesterol levels. The caloric contents of selected foods are shown on a "clock" that separates low-fat, low-calorie foods from those higher in these components. Weight reduction guidelines that stress the importance of increasing metabolic rate, snacking smart, and exercising regularly are also reviewed.

0005
Communication and education skills the dietitian's guide /Betsy B. Holli, Richard J. Calabrese.
Holli, Betsy B. Philadelphia : Lea & Febiger, 1986. xiv, 211 p. : ill. ; 24 cm. Includes bibliographies and index. (NAL Call No.: DNAL RM214.3.H65).
Abstract: Communication and education skills that dietitians and nutritionists can use to interact more effectively with clients, patients, and other employees are outlined in this reference guide. Specific types of communication and intervention strategies that are examined include 1) interviewing, 2) counseling, and 3) behavior modification. The following aspects of the group process are explored: facilitator and participant functions, guidelines for seeking consensus, meeting management, and using groups to supplement individual counseling. Guidelines are provided on planning, implementing, and evaluating learning, and on motivating clients and patients to make dietary changes. Numerous examples clarify key concepts and techniques; activities and exercise s at the end of each chapter demonstrate how concepts and principles can be applied to actual life situations.

0006
Consumer health : facts, skills, and decisions / James M. Corry. -.
Corry, James M. Belmont, Calif. Wadsworth Pub. Co. c1983. Includes index. xvi, 474 p. : ill. ; 24 cm. Bibliography: p. 456-458. (NAL Call No.: RA410.5.C68 F&N B-3721).
Abstract: A consumer guide/textbook provides the general public/post secondary student with factual, reliable information about medical goods and services, and aids the development or improvement of consumer skills related to value assessment, assertiveness, bargaining, data collection and analysis and decision-making. Emphasis is placed on obtaining verifiable proof of the quality of health products and services. Guidance is given for a number of health

topics (e.g., to assist the proper selection of: a physician, allied health services, drugs, medical plans, funeral home, health goods, etc.). Detailed chapters cover the consumer and nutrition, consumer protection legislation, and consumer health education. Consumer skills are fostered by values clarification exercises found throughout each of the 16 chapters. (wz)

0007
Contemporary topics in nutritionsodium, cholesterol/fat, refined sugar/caloric sweeteners. --.
Rosemont, Ill. : National Dairy Council, c1984. Cover title. 16 p. : ill. ; 28 cm. + 22 p. of handout masters in pocket. Includes bibliographies. (NAL Call No.: DNAL FNC TX353.C58 F&N E-4507).
Abstract: A guide for nutrition educators summarizes 3 contemporary topics in nutrition: sodium, cholesterol and fat, and refined sugar/caloric sweeteners. In each case facts are presented and recommended dietary changes made by professional groups are reported. Master copies of 10 consumer education handout materials are included. These are designed to reinforce the material in the guide. They may be used singly or in combination with any others in the set. (emc)

0008
Cooking for your waistline.
S.l. : Consulting Nutritionists of Central Illinois, Inc., c1983. Cover title. 9, 10 leaves, 1 leaf of plates : ill. ; 28 cm. (NAL Call No.: DNAL RM222.2.C6).
Abstract: Four culinary workshops that demonstrate weight reduction principles are outlined in these materials from the Consulting Nutritionists of Central Illinois, Inc. Workshop topics include 1) slimming with soups and salads, 2) enchanting entrees, 3) the slim and sensuous vegetarian, and 4) the perfect dessert. Background information is presented on 1) workshop topics, objectives, and goals for participants, 2) general principles of weight loss, and 3) ways to make dieting interesting when preparing and eating meals. The importance of maintaining blood glucose levels during weight reduction and the high-protein diet myth are discussed. Recipes provided for class preparation are complete with nutrition information on the calorie, protein, carbohydrate, fat, and cholesterol content per serving.

0009
Counseling the patient with hyperlipidemia /American Heart Association, Ad Hoc Committee on the Dietary Treatment of Hyperlipidemia ; Lynne Scott ... et al. .
; Scott, Lynne. Dallas, Tex. : The Association, 1984. 47 p. : ill. ; 28 cm. Bibliography: p. 46-47. (NAL Call No.: DNAL RC632.H87A5).
Abstract: Principles and applications of the American Heart Association's (AHA) progressive approach to the treatment of hyperlipidemias are outlined in this manual for nutrition therapists. Components of the AHA therapy process discussed in some detail include 1) the initial patient assessment (i.e. dietary, behavioral, medical), 2) the 3-phase nutritional therapy program, 3) implementation of the new eating pattern and 4) adherence assessment. The dietary approach for hyperlipidemia is based on 3 basic dietary prescriptions that provide three different levels of saturated fat, polyunsaturated fat, and dietary cholesterol. Low-calorie patterns of 1200, 1500, and 2000 calories have been designed for each level.- Guidelines are provided for selecting the appropriate food pattern for an individual and for evaluating a pattern's effectiveness after a period of time. Commonly encountered problems with patients and suggested strategies are presented. An appendix provides descriptions of and shows the nutrient content of selected foods in the following food composites: alcohol; bread, cereal, and starchy foods; eggs; fat; fruit; meat, poultry, and seafood; meatless alternatives; milk and cheese; modified fat desserts; quick breads; sweets; vegetables. Additional appendices show 1) uses and steps in calculating the food record rating score, 2) a sample 3-day food record and food score tally form, and 3) general references on cardiovascular disease.

0010
Developing the food guidance system for "better eating for better health" a nutrition course for adults /United States Department of Agriculture, Human Nutrition Information Service, Nutrition Education Division. --.
Washington, D.C.? : The Service, 1985. Cover title.- "April 1985."- "For official use only.". vii, 98 p. : ill. ; 28 cm. --. Bibliography: p. 41-50. (NAL Call No.: DNAL aTX360.U6D48).
Abstract: The technical development of the food guidance system presented in the nutrition course offered by the American Red Cross is described in this report. The purpose of the course is to enable the consumer to make wise personal food decisions based on current concepts of nutrition for health promotion. The food guidance system organizes information about food and nutrition so that it can be applied to making food selections that promote health. The framework for this system is groups of foods categorized by the nutrients they contain. The first step in the development of the system was the establishment of goals and objectives which specified the desirable levels of nutrients and other food components in one's diet. The framework for the system is described: major food groups, serving sizes and number, nutrient adequacy, and food sources of specific nutrients. The food guidance system also includes information on food sources of fat, cholesterol, sodium, and sweeteners. Menus for 10 days are included, as well as suggestions for adapting them to

different energy and nutrient needs. Many tables that are supplied to the students are included. (as)

0011
Diabetes breakthrough : control through nutrition / Sam Addanki with Maria Simonson and S. V. Cherukuri. -.
Addanki, Sam. New York Pinnacle Bpoks 1982. xviii, 230 p. : ill. ; 18 cm. Includes bibliographical references and index. (NAL Call No.: RC662.A3 F&N C-2496).
Abstract: Background and guidance information is presented to assist lay people in understanding the complexities of their diabetes and in controlling it through improved nutritional practices. Numerous medical facts associated with patients having preventable and postponable illnesses are presented. Factual data (e.g., medical research data concerning malnutrition and malabsorption) are discussed and practical information (e.g. sexual problems of the obese and diabetic) is presented. Contrary to the popular belief that heredity plays a major role in causing this non-curable disease, personal research experiences (case histories) are described that illustrate the author's theory that 91% of all cases of adult-onset diabetes are caused by the typical high-fat, high-sugar, low fiber Western diet. Hence, the majority of adult diabetes cases are preventable, reversable, or controllable through dietary modification. (wz)

0012
Diabetes care & freedom zones /developed by the Winnebago/Omaha Diabetes Project.
Winnebago, NE : Winnebago/Omaha Diabetes Project, Indian Health Service, 1986 . 1 p. ; 22 cm. (NAL Call No.: DNAL E75.A5 no.A-49).
Abstract: This poster from the Winnebago/Omaha Diabetes Project categorizes diabetic patients in the 1) caution zone, 2) danger zone, or 3) extreme danger zone based on a number of factors related to diabetes care. Factors include blood sugar levels, body weight, nutritional habits, attitude, food intake, exercise level, self-care, clinic attendance, hospitalization, amputations, vision, and kidney failure.

0013
The diabetes fact book / Theodore G. Duncan. -.
Duncan, Theodore G. New York C. Scribner c1982. Rev. ed. of: The good life--with diabetes. 1973 ~Includes index xi, 146 p. ; 22 cm. Bibliography: p. 141. (NAL Call No.: RC660.D8 1982 F&N C-2580).
Abstract: Advice and information is offered to assist diabetics and those who work or live with a diabetic in living as normal a life as is possible while following a difficult regimen to control the disease. The history, nature, and effects of diabetes are discussed as well as the best methods of testing sugar levels, adjusting insulin dosage, handling emergencies, and controlling the disease through diet and exercise. Recent scientific advances such as the insulin infusion pump and home blood-sugar testing kits are described. Early signs of diabetic coma and hypoglycemia are identified so those around the diabetic can be aware of physical changes that could signal a developing problem. Nonmedical information is provided on insurance, jobs, education, driving, and laws affecting diabetics. (kbc)

0014
Diabetes mellitus : theory and practice / edited by Max Ellenberg, Harold Rifkin.
; Ellenberg, Max.~Rifkin, Harold. New Hyde Park, N.Y. Medical Examination Pub. Co. c1983. xx, 1105 p. : ill. ; 29 cm. Includes bibliographical references and index. (NAL Call No.: RC660.D57 1983 F&N B-3444).
Abstract: The current state of knowledge on a wide variety of characteristics related to the management of diabetes mellitus is presented in 57 chapters, prepared by numerous medical experts, as reference materials for physicians, clinicians, and other health professionals. Included are discussions on the basic metabolic problems associated with diabetes the physiologic and molecular action of insulin, the interrelationships and possible role of hormones in diabetes and the genetics of type I and II diabetes. Recent concepts concerning the action of oral hypoglycemic agents and the evaluation of oral agents also are described. The significance of trends in the management of the pregnant diabetic and new therapeutic modalities in the complications of diabetes are covered. Practical guidelines are given concerning patient education and management, economic aspects, home glucose monitoring, and nutritional management of diabetes are reported. (wz)

0015
Diabetes mellitus /written by: Judith S. Pearson ; illustrations by: Dawn Countryman. --.
Pearson, Judith S. Watertown, Conn. : Mercy Hospital of Watertown, 1983. "February, 1983."~ Includes list of resources and glossary. 1 v. (various pagings) : ill., forms ; 28 cm. (NAL Call No.: DNAL RC662.P4).
Abstract: The management of diabetes mellitus is outlined in this comprehensive guide to help patients control their diabetes and supplement education provided by health care professionals. Aspects of diabetes that are overviewed include the definition and characteristics of insulin-dependent and non-insulin-dependent diabetes, risk factors for disease development, symptoms, and treatment. Diet-related topics include 1) the basic food groups and nutrients they provide, 2) estimating calorie requirements, 3) meal planning using the food exchange system, 4) portion control, 5) weight control, 6) dining out, and 7) label reading. Various oral hypoglycemic agents and different types, strengths, and dosages

of insulin are described. Short-term (hypoglycemia, hyperglycemia, ketoacidosis, coma) and long-term complications of uncontrolled diabetes are reviewed. Additional topics include personal hygiene (i.e. foot, skin, dental, eye care) and special situations, such as sick days, travel, and physical and emotional stress. Helpful features include 1) food exchange lists for the milk, vegetable, fruit, bread, meat, fat, and free groups, 2) exchange conversions for alcoholic beverages, desserts, ethnic foods, fast foods, prepared foods, 3) descriptions of methods for calculating food exchanges from food labels or recipes, and 4) records for wine and blood testing. A glossary and list of resources (organizations, books, cookbooks, magazines) are included. (aje)

0016
Dietary factors in hypertensiona selected bibliography. --.
Bethesda, Md. : High Blood Pressure Information Center, National Institutes of Health, 1984. 26 p. ; 28 cm. (NAL Call No.: DNAL FNC Z6664.H9D5 1984 F&N E-4723).
Abstract: A variety of articles and publications related to the role of diet in the management of hypertension are presented in this bibliography developed by the High Blood Pressure Information Center of the National Institutes of Health. Categories of factors related to hypertension for which journal articles are provided include 1) diet (general and review articles), 2) sodium, 3) sodium and potassium, 4) potassium, 5) obesity, 6) cholesterol, blood lipids, and dietary fats, 7) calcium, 8) other dietary factors (e.g. magnesium, chloride, fiber, trace metals, garlic, protein) and 9) dietary management. Types of reference included in addition to journal articles are monographs and bibliographies, specialized journals and newsletters, and consumer resouces for diet information. (aj)

0017
Eat fruits every day : feel better look better.
(Saipan, Marianas Islands) Dept. of Education, Commonwealth of the Northern Marianas Islands (1982). NET funded -Bibliography: p. 49. 49 p. : ill. ; 27 cm. (NAL Call No.: TX397.E3 F&N E-4189).
Abstract: The booklet describes the nutritional value and uses of over 20 fruits available in the Mariana Islands. Bar graphs illustrate the percent of the RDA calorie and leader nutrient requirements provided by each fruit. Recipes and serving suggestions are offered. (js)

0018
Eating clean food safety and the chemical harvest : selected readings /prepared with the assistance of Michael Fortun ; introd. by Ralph Nader.
; Fortun, Michael. Washington, D.C. : Center for Study of Responsive Law, 1982. vi, 294 p. : ill. ; 28 cm. Includes bibliographies. (NAL C. . No.: DNAL TX531.E22).
Abstract: This book is a composite of information regarding the vast variety of food contaminants and food additives. An introduction, written by Ralph Nadar, addresses the need for increased regulatory enforcement of food products. There is a flood of pollutants, animal drug residues, chemical additives, and unsanitary conditions which contaminate the lengthy food chain from the fields and ranches to the marketplace and, finally, the dinner table. Nader argues that food safety laws are weak and under used. This resource book of selected readings responds to those who wish to know more about the hazards in our food and what can be done about them. People can organize to support government and community initiatives to insure that their food is safer.

0019
Exchange lists for meal planning.
Alexandria, VA (1660 Duke Street, Alexandria 22314) : American Diabetes Association ; Chicago, IL (430 North Michigan Avenue, Chicago 60611) : American Dietetic Association, c1986. Cover title.- Includes index. 32 p. : col. ill. ; 22 x 26 cm. (NAL Call No.: DNAL RC662.E9 1986).
Abstract: The 6 basic food exchange lists, incorporating modifications reflecting current thinking in the area of nutrition education, are described for diet counselors. Exchange list modifications include: addition of non-fat, low-fat, and whole milk to t he milk exchanges; inclusion of all vegetables except starchy vegetables, and listings of half-cup servings averaging 25 calories, for vegetable exchanges; inclusion of starchy vegetables under bread exchanges; inclusion of medium- and high-fat meats and other protein-rich foods under meat exchanges; and revision of fat exchanges to show content of saturated or polyunsaturated fat. An explanation of exchange lists, their usefulness in promoting good health, a balanced nutritious diet, and their application to meal planning is described. Formats for daily meal design, definitions of terms, and weight-volume-length conversion tables are also provided. Large print is used throughout to assist the visually handicapped.

0020
Facts to relax by a guide to relaxation and stress reduction / written by Glenn R. Schiraldi . --.
Schiraldi, Glenn R. Provo, Utah : Utah Valley Hospital, c1982. 83 p. : ill. ; 28 cm. Bibliography: p. 81-82. (NAL Call No.: DNAL RA785.S34).
Abstract: Designed for patients who have a stress-related illness, this booklet is a guide to relaxation and stress reduction. It teaches such relaxation skills as diaphragmatic breathing, calming down using self-suggestion, progressive muscular relaxation, meditation, and imagery. Other practices discussed which aid relaxation include

time management, improving self-esteem, changing the environment, assertiveness, wise eating, exercise, biofeedback, and counseling. A reference list and a bibliography are included. (as)

0021
Fitness and nutrition for seniors / by Robert E. Rockwell and Nancy E. Osborne ; illustrated by Susanne Elizabeth de Haas. -.
Rockwell, Robert E. ; Osborne, Nancy E. Springfield, Ill. Thomas c1984. ix, 153 p. : ill. ; 26 cm. Includes bibliographical references and index. (NAL Call No.: GV482.6.R6 F&N B-3869).
Abstract: A guidebook discusses exercises and nutritional facts specifically aimed at aiding instructors and administrators in planning a fitness-nutrition program for senior citizens. Warm-up exercises and exercises for particular parts of the body such as the abdomen, hips, chest and arms are described. The functions of specific vitamins and minerals and their levels in various foods and available nutrition programs for seniors are presented. Nutrition-related problems such as: sensory loss, dental problems, and constipation as well as approaches to nutritional assessment, weight control, and food label information are also covered. Information on the nutritive values of the edible portions of foods, and US Recommended Daily Dietary Allowances is appended. (wz)

0022
Focus on nutrition a self instruction guide / written by Lisa M. Haabestad, Susan B. Cameron .
Haabestad, Lisa M. Pittsburgh, PA : Nutrition Services, Allegheny County Health Dept., 1988. Cover title.~ Rev. ed. of: Foodstyle workbook. 42 p. : ill. ; 28 cm. (NAL Call No.: DNAL TX364.H3 1988).
Abstract: The Dietary Guidelines for Americans, a series of nutrition recommendations developed by the U.S. Departments of Agriculture and Health and Human Services, are the focus of this workbook from the Allegheny County Health Department. The Dietary Guidelines are 1) Eat a variety of foods; 2) Maintain desirable weight; 3) Avoid too much fat, saturated fat, and cholesterol; 4) Eat foods with adequate starch and fiber; 5) Avoid too much sugar; 6) Avoid too much sodium; and 7) If you drink alcoholic beverages, do so in moderation. Chapter features include recipes, self-assessment exercises, food selection and preparation suggestions, and various additional learning activities. The workbook is designed for use as a self-instruction course or as the text for a nutrition education course for consumers.

0023
Heart to heart : a manual on nutrition counseling for the reduction of cardiovascular disease risk factors / edited by Constance Raab and Jeanne L. Tillotson.
; Raab, Constance.~Tillotson, Jeanne L.& A manual on nutrition counseling for the reduction of cardiovascular disease risk factors. Bethesda, Md. U.S. Dept. of Health and Human Services, Public Health Service, National Institutes of Health 1983. A product of a pilot series of nutrition counseling workshops developed collaboratively by the National Heart, Lung, and Blood Institute and the American Heart Association ~"September 1983"--P. (4) of cover. 121 p. : ill. ; 28 cm. --. Includes bibliographical references. (NAL Call No.: RM237.9.H4 F&N E-4339).
Abstract: A manual in workshop format for nutritionists, dietitians, and other health professionals to use in assisting patients to reduce cardiovascular risk is a product of a pilot series of nutrition counseling workshops developed jointly by the American Heart Association and the National Heart, Lung, and Blood Institute. Major topics include: nutritional assessment and (food record) monitoring techniques; counseling skill development techniques; and group counseling guidelines. A tabulation of resources for counselors and information on patient education materials are appended. (wz)

0024
Heart to heart nutrition counseling for the reduction of cardiovascular disease risk factors /edited by Constance Raab and Jeanne L. Tillotson. --.
; Raab, Constance.~Tillotson, Jeanne L. Bethesda, Md. : U.S. Dept. of Health and Human Services, Public Health Service, National Institutes of Health, 1983. A product of a pilot series of nutrition counseling workshops developed collaboratively by the National Heart, Lung, and Blood Institute and the American Heart Association. 121 p. : ill. ; 28 cm. --. Includes bibliographical references. (NAL Call No.: DNAL RM237.9.H43).
Abstract: A reference text for nutrition counselors provides recommendations developed during two 1975 conferences and several nutrition counseling workshops for reducing cardiovascular disease risk through improved nutrition practices. Topics include: techniques for nutritional assessment and patient monitoring; practical nutrition counseling guidelines; group counseling for achieving nutritional behavior changes; and a program and recommendations for improving on-the-job counseling skills. Lists of recommended readings for nutrition counselors, patient education materials, relevant professional associations, a nd a checklist for assessing patient education materials, are appended. (wz)

0025
Hemodialysis nutrition trivia /Diane Delhey and Catherine Bricker Frederico; graphics: Keven McKenna; illustrations: Walter Fournier.
Delhey, Diane. ; Frederico, Catherine Bricker.~McKenna, Kevin. Wellesley Mass. : C&D Nutrition Concepts, 1987?. v, 202 p. : ill. ; 16 cm. (NAL Call No.: DNAL RA784.D4).

Abstract: A spiral-bound, purse-size question-answer book containing 96 "trivia" questions designed for hemodialysis patients to clarify nutrition misconceptions and provide information on basic concepts in their nutrition management. The questions are multiple-choice, and are equally divided among 6 categories, viz. : protein, potassium, phosphorus, sodium, fluid,. annd miscellaneous. The questions are listed in order of increasing difficulty within each of the categories. The book can be used as a game to test the knowledge of patients, with the suggestion that wrong answers be reviewed with the patient's renal dietitian.

0026
How healthy is your diet?.
Chicago, IL? : Great Performance, Inc., 1986. 1 chart : col. ; 61 x 46 cm. (NAL Call No.: DNAL Graphic no.157)
Abstract: The importance of moderation and variety in a balanced diet and guidelines for making healthy food selections are described in this colorful poster from Great Performance, Inc. Components of a healthy diet--vitamins, minerals, liquids, fiber, and protein--and food sources of each are discussed. Guidelines for determining an individual's caloric needs, and recommendations for controlling dietary fat and sugar are also provided.

0027
How sweet is it?CSPI's sugar scoreboard.
Washington, D.C. : CSPI, c1985. 1 chart : col. ; 61 x 46 cm. (NAL Call No.: DNAL Graphic no.159).
Abstract: The sugar contents of a wide variety of food products are presented on this poster from the Center for Science in the Public Interest. Types of foods include beverages, breakfast cereals, cake, candies and candy bars, condiments, cookies, dairy products, fruits and vegetables, pies, and other desserts and snacks. Sugar contents are shown as added teaspoons per serving and as percentage of total calories. Background information on different types of sugars, ways to reduce sugar intake, and artificial sweeteners is also provided.

0028
Hypertension control for nurses and other health professionals.
Kochar, Mahendr S., 1943- ; Woods, Karyn D. New York : Springer Pub. Co., c1985. xvii, 333 p. ; 23 cm. Includes bibliographies and index. (NAL Call No.: DNAL RC685.H8K62 1985).
Abstract: The incidence, causes, risks, and control of hypertension are discussed in this resource manual directed toward nurse practitioners and other allied health professionals. Topics include 1) the epidemiology of hypertension, 2) the pathophysiology of essential and secondary hypertension, 3) pharmacological management of hypertension (diuretics, sympathetic inhibitors, vasodilators, reninagniotensin inhibitors, calcium blockers), 4) evaluation of the hypertensive patient (history, physical examina. on, laboratory results), 5) hypertensive patient treatment and follow-up. Aspects of the patient counseling process and the nurse's role and responsibilities are outlined. The challenge of patient noncompliance and a multidisciplinary approach to patient education are explored. Recommendations for organization of a clinic for effective hypertension detection and treatment, and for hypertension screening and treatment programs at the work-site are described. Appendices present 1) quality assurance nursing outcomes for hypertension counseling, 2) a hypertension patient education series, and 3) hypertension learning resources.

0029
Managing stress : a guide for health professionals / Rita E. Numerof. -.
Numerof, Rita E. Rockville, Md. Aspen Systems Corp. 1983. Includes index. xii, 350 p. : ill. ; 24 cm. Bibliography: p. 317-333. (NAL Call No.: RA965.3.N8 F&N B-3687).
Abstract: The physiological, social and emotional effects of stress on individuals and the implications of these on health care organizations are examined. Before institutions can effectively manage stress, non-work-related stresses and individual and professional socialization experiences must be analyzed. Coping strategies and tactics are recommended. This book is divided into 3 major sections. Part I explores general sources and socioemotional components of stress; Part II more specifically addresses the sources and impact of stress on physicians, nurses and health care administrators; and Part III, delves into recognizing signs of stress, (burnout, drug addictions) organizational response (preventive and control mechanisms), and personal response (stress reduction techniques). Appendices include stress system and coping strategy assessment instruments. (kbc)

0030
Materials and methods for a cardiovascular disease risk factor reduction program a resource from multiple risk factor intervention trial (MRFIT) /by the MRFIT Intervention Committee, Jeanne L. Tillotson, Stephen B. Hulley.
Tillotson, Jeanne L. ; Hulley, Stephen B. Bethesda, Md. : U.S. Dept. of Health and Human Services, Public Health Service, NIH, National Heart, Lung, and Blood Institute, 1985. "March 1985."-- "May 1985."--Cover.- "PB85-215630.". 261 p. : ill. Includes bibliographical references. (NAL Call No.: DNAL RC683.8.T5).
Abstract: A monograph for health professionals provides details on a special intervention program for preventing heart disease (MRFIT), covering counseling on how to: adopt and maintain a nutritious fat-controlled

diet; avoid weight gain; abstain from cigarette smoking; and comply with drug therapy for hypertension. The health educational materials developed under this program in a 10-year (1972-82) multiple risk factor intervention trial are presented. Included for each risk factor area are: printed educational materials, forms for monitoring the progress of individuals, and an annotated listing of audiovisual materials and their availability.

0031
Meal planning approaches in the nutritional management of the person with diabetes /Diabetes Care and Education Practice Group, the American Dietetic Association.
Chicago, IL : American Dietetic Association, 1987. vii, 80 p. : ill. ; 29 cm. Includes bibliographies. (NAL Call No.: DNAL RC662.M43).
Abstract: This monograph is intended to help registered dietitians understand the process of individualizing the meal plan to meet the diabetic patient's nutritional, social, and medical needs. It also attempts to provide the dietitian with a better understanding of the various meal planning approaches now available. Meal planning approaches include: personal theory and process in diabetes education; basic diabetes diet guidelines; menu approaches to meal planning; food exchange list approaches; and calorie counting and total available glucose. Illustrations are included.

0032
Nutrition, principles and application in health promotion /Carol Jean West Suitor, Merrily Forbes Crowley. --.
Suitor, Carol Jean West. : Crowley, Merrily Forbes. Philadelphia : Lippincott, c1984. xxx, 651 p. : ill (some col.) ; 29 cm. Includes bibliographical references and index. (NAL Call No.: DNAL QP141.S84 1984).
Abstract: A college level nutrition textbook provides nutrition information and guidelines for the practising health care professional. The text may be used for basic nutrition and clinical dietetics as separate courses when nutrition is integrated with other courses or a nutrition source book. The material is organized into 4 major sections: 1) promoting normal nutrition; 2) relationships of nutrients to body structure and functions; 3) comprehensive guidelines and information for nutritional care, 4) nutrition interventions for meeting special needs: alteration in digestion and absorption, alterations in fluid and electrolyte balance; alterations in levels of CHO, protein and/or fats, critical care nutrition and nutrition and chronic illness. A variety of tabular references are included as well as detailed descriptions of modified diets. Specific points are highlighed throughout the text. (wz)

0033
Nutrition, the challenge of being well nourished / Dorothy A. Wenck, Martin Baren, Sat Paul Dewan. -.
Wenck, Dorothy A. ; Baren, Martin.-Dewan, Sat Paul. Reston, Va. Reston Pub. Co. c1983. Includes index. xii, 642 p. : ill. ; 25 cm.
Bibliography: p. 571-588. (NAL Call No.: TX354.W42 1983 F&N B-3464).
Abstract: A basic nutrition text is designed to help the general public recognize accurate nutrition information. The relationships of cholesterol and fat to heart disease; salt to hypertension; and caffeine, saccharin, and sodium nitrite to cancer are explained. Other topics include: the physiological and psychological factors that influence food habits, how to change eating behavior; the body's energy needs; the causes of obesity; nutrient functions and sources; and how to read nutritional food labels. The text is divided into 8 parts with an appendix that contains a list of reliable nutrition information sources, nutritive value of foods, and RDA's. (kbc)

0034
Nutritional care guide for patients on CAPD /Peggy J. Mitchell. --.
Mitchell, Peggy J. St. Louis, Mo. : Jewish Hospital of St. Louis, c1982. 31 p. : ill. ; 28 cm. Bibliography: p. 31. (NAL Call No.: DNAL RC901.7.P48M57).
Abstract: The nutritional needs and dietary goals for patients on continuous ambulatory peritoneal dialysis (CAPD) are outlined in this manual from the Jewish Hospital at Washington University Medical Center. An introduction addresses the function of CAPD, dietary goals for patients, protein and calorie needs, the importance of regular exercise, effects of dialysate glucose content on appetite, the need for water-soluble vitamin and mineral supplementation, and dietary modification to decrease serum cholesterol and triglyceride levels. Guidelines are provided for weighing and measuring foods along with volume-weight conversions for dry and liquid measures. Forms are included for recording the patient's diet prescription (i.e. total calories, sodium, protein, fluid allowance) and daily food plan (i.e. number of servings of each food group per meal). Foods are classified as "allowed" and "not permitted" in the following groups: lean meat, fish, and poultry; skim milk; fats and oils; breads, cereals, and potatoes; fruits and juices; vegetables; and miscellaneous. "Extra sodium points" permi ted in the diet prescription and found in selected food items are explained. A low-sodium vegetable seasoning guide suggests herbs and spices to complement different vegetables. A dictionary of herbs and spices describes general characteristics of each. Guidelines are included for eating away from home. A list of references is provided. (aje)

0035
Nutritional guidance for hypertensives / authors Lucy M. Williams, I. Clay Williams; content consultant Sooja K. Kim .
Williams, Lucy M. ; Williams, I. Clay.~Kim, Sooja K. Bowling Green, Ohio : Nutrition Consultants, c1987. Consists of student workbook and instructor's guide. 2 v. : ill. ; 28 cm. Includes bibliographies. (NAL Call No.: DNAL RM237.8.W55).
Abstract: A loose-leaf study guide for hypertensive patients, and for dietitians, nutritionists and nurses interacting with such patients, provides information covering an 8-week course forcused on long-term nutritionaL counseling that can bring about significant dietary changes among hypertensive patients. Attention is given to patient objectives, teaching tips, patient individual and group activities, recipes, and individual dietary analysis. Following an introduction on the "basics" of hypertension, the guide offers individual sections covering nutrients or deitary factors that affect hypertension and blood pressure control (sodium; salt; potassium; calcium; fats; carbohydrates; weight control). A selection of appropriate recipes is included, and a bibliography and list of available resources materials are appended.

0036
Questions about weight, salt and high blood pressure / U.S. Department of Health and Human Services, Public Health Service, National Institutes of Health.
(Bethesda, Md.) U.S. Dept. of Health and Human Services, Public Health Service, National Institutes of Health, National Heart, Lung and Blood Institute 1982. Cover title. (8) p. : ill. ; 10 x 22 cm. --. (NAL Call No.: RM221.H87Q4 F&N E-4306).
Abstract: A pamphlet presents answers to 18 common questions about body weight, salt intake, and high blood pressure for the general public. High blood pressure can lead directly to conditions that often kill or disable such as heart attack, stroke, and kidney disease. Lower weight means lower blood pressure for most people; eating less salt (sodium) and less high-sodium foods means lower blood pressure for some people. While maintaining correct body weight has not been proven to prevent high blood pressure, it may reduce the risk. A reasonable intake of sodium for an average person is 2 grams, or about 1 teaspoon of salt per day. (wz)

0037
Salt tidbits : some answers to questions often asked about salt.
Alexandria, Va. The Salt Institute 1982. 1 folded sheet (8 p.) : ill. ; 22 cm. Includes bibliographical references. (NAL Call No.: TX553.S6S36 1982 F&N C-2671).
Abstract: Questions often asked about salt are presented. A brief statement about the importance of salt is made, then 10 questions are answe e.g., what is the daily salt requirement?) Seventeen types of salt are defined (e.g., pretzel salt - a salt), salt); and additional references available from the Salt Institute are listed. (kbc)

0038
Separating fact from fictionan approach to identifying nutrition misinformation.
Pittsburgh PA : Nutrition Services, Allegheny County Health Department, 1986. Materials are in folder. ca. 100 leaves in various foliations : ill. ; 28 cm. Includes bibliographies. (NAL Call No.: DNAL R729.9.S46).
Abstract: This educational packet was designed to assist nutrition educators/health professionals to identify the advertising techniques used in common health quackery. The information packet includes: lesson plans for professional and consumer audiences with guidelines to incorporate audio-visual materials; a worksheet for lesson development; support materials to be reproduced; overheads; presentation outlines; and pre- and post-test for consumers. Six clues for identifying nutrition misinformation presented in the program are: 1) testimonials; 2) exaggerated claims or impressive language; 3) avoidance of certain foods; 4) quick and easy cures; 5) guilt and fear tactics; and 6) excessive criticism. A recommended audio-visual material to complement this program is a slide series entitled "Nutrition: An American Bestseller" and can be ordered from a form enclosed. Various articles enclosed are about nutrition quackery from FDA Consumer, National Dairy Council, Alleghany County (Pennsylvania) Health Department, to provide supplementary information.

0039
Shopper's guide to low-fat main dishes : Atlanta area / (content and presentations Hazel McDaniel). -.
McDaniel, Hazel. Atlanta, Ga. Cardiac Clinics, Grady Memorial Hospital 1982. Cover title. 54 p. : ill. ; 22 cm. Bibliography: p. 54. (NAL Call No.: TX356.M37 F&N C-2669).
Abstract: A handbook for shoppers identifies brand name main-dish foods that are low in fat and would be suitable for use on low-fat, low-cholesterol or prudent diets. The approximate sodium and calorie content of most foods is given along with guidelines for label-reading and planning low-fat, low-cholesterol meals. Foods are categorized by meal (e.g., egg substitutes for breakfast), and pictures of the product or brand are provided. (kbc)

0040
Straight talk about salt : what you should know about salt & sodium in your diet : with a table of the sodium and calorie values of more than 300 common foods / (developed by The Salt Institute in cooperation with the Food and Drug Administration and the National High Blood Pressure Education Program).

Alexandria, Va. The Institute c1983. Cover title. 20 p. : ill. ; 18 cm. Includes bibliographical references. (NAL Call No.: TX553.S6S78 F&N C-2670). Abstract: The general public is presented with differing opinions regarding control of salt intake. Basic facts about the sources and function of sodium/salt in the American diet are provided. Brief explanations include: a definition of salt and sodium; sources of sodium in the diet; viewpoints on recommended intake; health conditions that may restrict sodium intake; common uses for salt, and how to measure dietary sodium. Several hundred food items are listed (by household measures and gram weight) giving sodium content (in milligrams) and caloric value. A list of sodium compounds commonly used in foods and references cited are given. (kbc)

0041
Weight busters a teacher's manual / written by Melanie Keaton and Kimberly Coy DeCoste .
Keaton, Melanie. ; DeCoste, Kim Coy. Lexington, Ky. : Lexington-Fayette County Health Dept., Nutrition and Health Education, 1987. 1 v. (loose-leaf) : ill., forms ; 30 cm. Bibliography: p. 81-82. (NAL Call No.: DNAL RM222.2.K43).
Abstract: Weight Busters is an 8-week weight loss program involving a multi-faceted approach. Exercise, relaxation training, self-image enhancement, eating behaviors, food demonstrations and social interactions are addressed in the program. Weight loss classes are limited to 16 participants and were designed to last 1 1/2 hours each. This teacher's manual includes lesson plans, optional lesson plans, recipes, and resources and references. The Weight Busters program was designed by the Lexington-Fayette County Health Department of Kentucky.

0042
Wellness in your kitchenculinary workshops.
; Consulting Nutritionists of Central Illinois, Inc. Illinois : Consulting Nutritionists of Central Illinois, Inc., 1983. Caption title. 1 v. (unpaged) : ill. ; 28 cm. (NAL Call No.: DNAL TX364.W45).
Abstract: Four culinary workshops promoting wellness concepts and principles are outlined in these materials from the Consult ng Nutritionists of Central Illinois, Inc. Workshop topics include 1) meatless and nutritious main dishes, 2) making the best of fish and fowl, 3) salads and vegetables, and 4) satisfying your sweet tooth sanely. Background information is presented on 1) workshop topics and goals for participants, 2) wellness principles and concepts, 3) recipe modifications to reduce sugar and salt intake, and 4) guidelines for selecting fats and oils. Recipes provided for preparation in class include nutritional information on the calorie, protein, carbohydrate, fat, and cholesterol contents per serving.

0043
Winding your weigh down taking steps toward lifetime weight conrol : the teacher's manual /by Olga Satterwhite and Alice Wood.
Satterwhite, Olga. ; Wood, Alice. Houston, Tex. : Nutrition Consultant Service of Houston, c1986. 108 p. : forms ; 28 cm. Bibliography: p. 103 -108. (NAL Call No.: DNAL RM222.2.S23 1986).
Abstract: This weight loss program includes a teacher's manual and a students' workbook. The program incorporates behavior modification techniques, exercise, stress management and sound nutrition principles and was designed to be taught for 8 consecutive weeks with supplementary materials to extend the program to 10-12 weeks. The teacher's manual has 5 main sections the 8 week diet and nutrition program; and references and teaching aids. The student workbook includes a class schedule, a presentation of each class, supplementary materials, a food plan, the exercise and stress management program, and recipes for main dishes, vegetables, dairy foods, and fruits and foods on the go.

0044
Winding your weigh down taking steps toward lifetime weight control : the student's workbook /by Olga Satterwhite and Alice Wood.
Satterwhite, Olga. ; Wood, Alice. Houston, Tex. : Nutrition Consultant Services of Houston, 1988. 160 p. : forms ; 23 cm. (NAL Call No.: DNAL RM222.2.S232 1988).
Abstract: This weight program includes a teacher's manual and a students' workbook. The program incorporates behavior modification techniques, exercise, stress management and sound nutrition principles and was designed to be taught for 8 consecutive weeks with supplemetary materials to extend the program to 10-12 weeks. The teacher's manual has 5 main sections: the 8 week diet and nutrition program; follow-up lesson plans; the food plan; exercise and stress management program; and references and teaching aids. The student workbook includes a class schedule, a presentation of each class, supplementary materials, a food plan, the exercise and stress management program, and recipes for main dishes, vegetables, dairy foods, and fruits and foods on the go.

0045
Your basic guide to nutrition /Fredrick J. Stare and Virginia Aronson ; edited by Stephen Barrett. --.
Stare, Fredrick John. ; Aronson, Virginia.-Barrett, Stephen. Philadelphia, Pa. : George F. Stickley 1983 . Includes index. vi, 194 p. , 2[illegible] cm. --. Bibliography: p. 177-181. (NAL Call No.: DNAL FNC RA784.S73 F&N B-3797).
Abstract: Basic nutrition facts and information on current nutrition-related

topics are presented in the form of a reference guide on nutrition for laypeople. Topics include: how to ensure a balanced diet; practical guidelines for weight control; nutritional tips for teenagers; how to properly evaluate nutrition information provided by the food industry; and information on a variety of current topical nutritional concerns (vitamin and mineral supplements; food additives; vegetarian diets; health foods; junk foods; fast foods; sugar requirements and misconceptions; fluid intake needs; and the interactive roles of diet in cardiovascular disorders and cancer). A 1-week sample diet and a detailed glossary of definitions of nutrition terms are appended. (wz)

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AUDIOVISUALS

0001
The American Dietetic Association's recommendations for food selections for womendeveloped by Washington State Dairy Council.
Seattle, WA : Washington State Dairy Council, 1986? . Title on pamphlet: Every woman's guide to health and nutrition. 35 slides : col. + / commentary sheet, 1 reaction form + 1. pamphlet. (NAL Call No.: DNAL Slide no.256).
Abstract: This program developed by the Washington State Dairy Council consists slides illustrating the American Dietetic Association's (ADA) 14 nutrition guidelines for women. ADA recommends that women eat a variety of foods from the basic food groups; maintain normal weight and exercise regularly; limit fat and sodium intake; eat foods high in fiber and carbohydrates; rely on foods for vitamins and minerals; avoid smoking; and if one drinks, do so in moderation. An evaluation form and a brochure entitled Every Woman's Guide to Health and Nutrition is included.

0002
Anorexia and bulimia.
Princeton, N.J. : Films for the Humanities and Sciences distributor , c1987. Label title: Anorexia & bulimia.- "FFH 1380"--Label. 1 videocassette (VHS-Standard play) (19 min.) : sd., col.; 1/2 in. (NAL Call No.: DNAL Videocassette no.253 F&N).
Abstract: One third of all college-age women are involved with some type of eating disorder. The characteristics of a person who is anorexic or bulimic are discussed in detail. A case study describes woman who outlines her feelings about eating, being thin, how the problem evolved, and the therapy that she received. The physiological effects of the disease (gastrointestinal, endocrine and central nervous system effects) as well as psychological effects are reviewed. David Faber, MD Pschiatrist at Norfolk General Hospital and Judith Royal, Program Manager for the Eating Disorder Center at Norfolk General Hospital discuss eating disorders and their experiences with anorexic and bulimic patients.

0003
The best breakfast.
Lake Zurich, IL : The Learning Seed Co. , c1987. Date on label is c1988. 1 videocassette (VHS)(25 min.) : col. ; 1/2 in. + 1 guide + 3 masters. (NAL Call No.: DNAL Videocassette no.375).
Abstract: A healthy nutritious breakfast is described in this video recording as one which is low in fat and sodium and consists of a variety of foods high in carbohydrates and vitamin C. The most common breakfast foods eaten by American an other people around the world are discussed. To choose a nutritious cereal, one should select one that is low in sugar, fat and sodium; high in fiber; and contains a short ingredient list.

0004
Better breakfasts and brunches produced by RMI Media Productions, Inc.
; Paine, Harriett. Kansas City, Mo. RMI Media Productions, Inc. 1983. 1 videocassette (17 min.) : sd., col. ; 3/4 in. + instructor's manual. --. (NAL Call No.: TX652.C612 no. 2 F&N AV).
Abstract: Guidelines for preparing a nutritious breakfast or brunch are offered. brunch. Detailed instructions are presented for the preparation of omelets, biscuits, and cereals (e.g., oatmeal), and for the selection of various breakfast items (e.g., fruit juices). Particular attention is given to cooking with less fat, sugar, and salt. Commentary on the nutritional value of the recipes is given throughout. (wz)

0005
Better breakfasts and brunches produced by RMI Media Productions, Inc.
; Paine, Harriett. Kansas City, Mo. RMI Media Productions, Inc. 1983. Sound accompaniment for automatic operation only. 78 slides : col. + 1 sound cassette (17 min.) + instructor's manual. --. (NAL Call No.: TX652.C611 no. 2 F&N AV).
Abstract: An audiovisual kit provides guidelines for preparing a nutritious breakfast or brunch. Detailed instructions are presented for the preparation of omelets, biscuits, and cereals (e.g., oatmeal), and for the selection of various breakfast items (e.g., fruit juices). Particular attention is given to cooking with less fat, sugar, and salt. Commentary on the nutritional value of the recipes is given throughout. (wz)

0006
Better breakfasts and brunches produced by RMI Media Productions, Inc.
; Paine, Harriett. Kansas City, Mo. RMI Media Productions, Inc. 1983. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (78 fr.) : col. ; 35 mm. + 1 sound cassette (17 min.) + instructor's manual. --. (NAL Call No.: TX652.C61 no. 2 F&N AV).
Abstract: Guidelines for preparing a nutritious breakfast or brunch are offered. Detailed instructions are presented for the preparation of omelets, biscuits, and cereals (e.g., oatmeal), and for the selection of various breakfast items (e .g., fruit juices). Particular attention is given to cooking with less fat, sugar, and salt. Commentary on the nutritional value of the recipes is given throughout. (wz)

0007
Bulimiathe binge-purge obsession /Norman Baxley and Associates, Inc.; producer, director, Eugene Ferraro; content consultant, Anita Siegman.
; Siegman, Anita. Champaign, Ill. : Research Press distributor , 1986. Copyright held by NBA-EFA. 1 videocassette (VHS) (20 min.) : sd., col. ; 1/2 in. (NAL Call No.: DNAL Videocassette no.393).

Various accounts of the feelings and obsessions of bulimics are reviewed in this video cassette tape. The definition of bulimia, binging and purging are discussed. A group discussion involving women with bulimia and a counselor is presented.

0008
Calorie controlpresented by the Nutrition Education Center.
Overland Park, Kan. : The Center, c1985. Sound accompaniment compatible for manual and automatic operation.- Library's set lacks slide no. 22. 33 slides : col. + 1 sound cassette (9 min. : 1 7/8 ips., mono.). (NAL Call No.: DNAL Slide no.213 F&N).
Abstract: In order to lose, gain, or maintain weight, calories must be counted. To facilitate this process, a calorie point system was developed by the Nutrition Eduction Center in Kansas which affords the participant the opportunity to select foods. With 75 calories equaling one point, the amount and kind of food determines calories. How to read handouts illustrating the program are reviewed in the cassette/slide presentation. Sample foods are shown as well as methods for determining amounts. Label reading for caloric content and dining out tips are also discussed. Success for the program is summarized as follows: count points with wise food selections; keep food activity records; and do not anticipate more than 1/2 to 1 pound of weight loss per week.

0009
The challenge of choiceMarion J. Franz, Betsy Kerr Hedding.
Franz, Marion J. ; Hedding, Betsy Kerr. Minneapolis, MN : International Diabetes Center, Park Nicollet Medical Foundation, c1987. Sound accompaniment compatible for manual and automatic operation. 60 slides : col. + 1 sound cassette (28 min. : 1 7/8 ips., mono.) + script. (NAL Call No.: DNAL Slide no.268).
Abstract: Relationships among dietary factors and various diseases, and recommendations for eating a healthier diet are discussed in this slide/audiocassette program. The program was developed by the International Diabetes Center and Park Nicollet Medical Foundation for 5HAPE, a health promotion program. Changes in the eating habits and patterns of Americans over the last 100 years are reviewed. The role of selected dietary factors (fat, saturated fat, cholesterol, excessive calories, salt, alcohol) in chronic diseases such as heart disease, stroke, diabetes, cirrhosis, cancer, obesity, and osteoporosis is examined. The following dietary recommendations are presented for decreasing one's risk for developing certain diseases: 1) achieve and maintain desirable body weight by adjusting calorie intake and physical activity; 2) eat more starches, fiber, and naturally occurring sugars; 3) reduce consumption of refined sugars and sweets; 4) reduce total fat (especially saturated fat) and cholesterol intake; and 5) decrease consumption of salty foods and use less in cooking and at the table.- Practical food selection and preparation guidelines are provided for implementing each dietary recommendation.

0010
A change of platehow to reduce fat and calories when choosing and using meat.
Chicago, IL : Education Dept., National Live Stock and Meat Board, c1988. 1 flip chart, 3 meat models, 1 plate, 1 evaluation form, and 1 leader guide ; in container, 46 x 33 x 8 cm. (NAL Call No.: DNAL Kit no.48).
Abstract: Guidelines for reducing total calories and fat when making meat selections are provided in this educational kit from the National Live Stock and Meat Board. Kit components include 1) a leader's guide with references and a step-by-step teaching plan, 2) reproducible masters for activity sheets and take-home materials, 3) 3-dimensional meat models (hamburger patty, sliced beef, pork chop), 4) a plastic dinner plate, 5) a flip chart that supports lesson material, 6) an order from for slides that accompany the kit, and 7) an evaluation form. The program is designed with an inroductory module and 4 additional modules that examine such topics as lean cuts of meat, how to estimate portion sizes, low-fat meat preparation methods, and the nutritional value of meat. Modules can be used individually or taught as a unit.

0011
Cholesterol control.
Chicago, IL : Great Performance, c1987. 1 videocassette (VHS) (12 min.) : sd., col. ; 1/2 in. + 1 study guide (16 p. ; 26 cm.). (NAL Call No.: DNAL Videocassette no.296).
Abstract: Practical suggestions for controlling blood cholesterol levels are offered in this videotape and accompanying manual from Great Performance, Inc. Background information is provided on the definition, functions, and types (high-density lipoprotein, low-density lipoprotein) of cholesterol. The importance of knowing one's personal blood cholesterol level is enphasized. Five basic skills that can help maintain a healthy heart by controlling blood cholesterol are discussed: 1) cutting back on dietary fat and cholesterol, 2) eating more dietary fiber, 3) preparing nutritious foods, 4) exercising regularly, and 5) losing excess body fat. Guidelines on food choices, food preparation methods, and exercise habits that promote a healthy heart are provided.

0012
Common sense snacking produced by RMI Media Productions, Inc.
; Paine, Harriett. Kansas City, Mo. RMI Media Productions, Inc. 1983. 1 videocassette (24 min.) : sd., col. ; 3/4 in. + instructor's manual. --. (NAL Call No.: TX652.C612 no. 6 F&N AV).

Abstract: Food preparation techniques and ideas to reduce fat, sugar and salt in snack foods are provided to assist consumers in complying with the 7 dietary guidelines published in USDA's "Nutrition and Your Health." Guidance is offered in the selection of healthy snacks and beverages from the basic 4 food groups. Recipes are given. (kbc)

0013
Common sense snacking produced by RMI Media Productions, Inc.
; Paine, Harriett. Kansas City, Mo. RMI Media Productions, Inc. 1983. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (108 fr.) : col. ; 35 mm. + 1 sound cassette (24 min.) + instructor's manual. --. (NAL Call No.: TX652.C61 no. 6 F&N AV).
Abstract: Food preparation techniques and ideas to reduce fat, sugar and salt in snack foods are provided to assist consumers in complying with the 7 dietary guidelines published in USDA's "Nutrition and Your Health." Guidance is offered in the selection of healthy snacks and beverages from basic 4 basic food groups. Recipes are given. (kbc)

0014
Cons, quacks and frauds.
(Kildeer, Ill.) The Learning Seed Company c1982. Sound accompaniment compatible with manual and automatic operation -Includes booklet: Nine faces of quackery. 2 filmstrips (188 fr.) : col. ; 35 mm. + 2 sound cassettes (33 min.) + 1 teacher's guide + 33 booklets + 3 spirit masters. (NAL Call No.: HF5832.C65 F&N AV).
Abstract: A kit is designed to help the general public avoid falling victim to sales trickery, mail order fraud, chain letters, con games, the self-improvement exploitation industry, and self-cure medical quackery. Common examples of such cons and frauds are illustrated and discussed, and instructions are provided for avoiding them. (wz)

0015
Controlling diabetes through diet & exercise.
Timonium, Md. Milner-Fenwick, Inc. c1982. Title on container: Control thru diet & exercise. 1 film reel (10 min.) : sd., col. ; 16 mm. (NAL Call No.: RC660.C65 F&N AV).
Abstract: Recommendations for controlling diabetes in adults stress the importance of a well balanced diet and regular exercise. Food from the four food groups are important daily; sweet, sugary foods must be avoided. Fruits are good for snacking. Digestion of sugary foods is illustrated with graphics (i.e., increased demand for insulin due to sugar intake aggravates dietary control of diabetes). Read food labels to detect the presence of sugar in foods; a number of common sweeteners are identified (e.g., sorbitol). Weight reduction is often necessary to control diabetes but fad diets should be avoided. Regular exercise is recommended and tips are given to help increase expenditure of calories. Check with the doctor before any strenuous exercise program is begun. (kbc)

0016
CSPI's anti-cancer eating guideCenter for Science in the Public Interest. --. Washington, D.C. : CSPI, 1984. Laminated. 1 wall chart : col. ; 60 x 46 cm. (NAL Call No.: DNAL Graphic no.4 F&N).
stract: A laminated wall chart summarizes information and data about recommended nutritional factors for reducing cancer risks, based on the most reliable scientific research findings. Dietary factors that may reduce the risk of certain cancers include reduced fat and alcohol intakes and increased fiber, selenium, ascorbic acid vegetable, and vitamin A intakes. Certain food contaminants and additives, coffee, and charcoal broiled or smoked foods may also present cancer risks. Recommended intakes for anti-cancer nutrients are given and the nutrient values of fat, fiber, selenium, ascorbic acid, and vitamin A in a variety of foods are presented.

0017
DeLIGHTful desserts produced by RMI Media Productions, Inc.
; Paine, Harriett. Kansas City, Mo. RMI Media Productions, Inc. 1983. Sound accompaniment for automatic operation only. 70 slides : col. + 1 sound cassette (16 min.) + instructor's manual. --. (NAL Call No.: TX652.C611 no. 7 F&N AV).
Abstract: Recipes for special occasions have been modified in fat, sugar, and salt content for those who want to reduce consumption of these substances. Various desserts are demonstrated including pies, cookies, and cakes. Many of an individual's favorite recipes also can be modified and adjusted by making the ingredient substitutions suggested and following the guidelines given. (kbc)

0018
DeLIGHTful desserts produced by RMI Media Productions, Inc.
; Paine, Harriett. Kansas City, Mo. RMI Media Productions, Inc. 1983. 1 videocassette (16 min.) : sd., col. ; 3/4 in. + instructor's manual. --. (NAL Call No.: TX652.C612 no. 7 F&N AV).
Abstract: Recipes for special occasions have been modified in fat, sugar and salt content for those who want to reduce consumption of these substances. Various desserts are demonstrated including pies, cookies and cake. Many of an individual's favorite recipes also can be modified and adjusted by making the ingredient substitutions suggested and following the guidelines given. (kbc)

0019
DeLIGHTful desserts produced by RMI Media Productions, Inc.
; Paine, Harriett. Kansas City, Mo. RMI Media Productions, Inc. 1983. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (70

fr.) : col. ; 35 mm. + 1 sound cassette (16 min.) + instructor's manual. --. (NAL Call No.: TX652.C61 no.7 F&N AV).
Abstract: Recipes for special occasions have been modified in fat, sugar, and salt content for those who want to reduce consumption of these substances. Various desserts are demonstrated including pies, cookies, and cake. Many of an individual's favorite recipes also can be modified and adjusted by making the ingredient substitutions suggested and following the guidelines given. (kbc)

0020
Diabetes and complicationsfocus on living. --.
Venice, Calif. : Oracle Film & Video, 1984? . Title from data sheet. 1 film reel (23 min.) : sd., col. ; 16 mm. + 1 leader's guide. (NAL Call No.: DNAL Motion picture no.48 F&N).
Abstract: A group of nine diabetic individuals discusses the problems, complications, and feelings associated with the disease. The film highlights the psycho-social impact that complications such as retinopathy, neuropathy, and nephropathy have on the individuals and their families. The important role a positive attitude plays in a successful adaptation to further health loss, and some forms of coping with the emotional stress are presented. Encouragement is given by discussion of new technologies and improved blood gencose control. A discussion guide is included with the film. (ls)

0021
Diet, nutrition and cancer presented by American Institute for Cancer Research.
Washington, D.C. : The Institute, 1987. VHS format.~ Variant title: Diet, nutrition & cancer; a practical guide to eating a diet to lower cancer risk. 1 videocassette (30 min.) : sd., col.; 1/2 in. (NAL Call No.: DNAL Videocassette no.350).
Abstract: The relationship of diet in the development and promotion of cancer is explored in this videotape. Cancer "promoters" (ie fats, charcoal cooking) and "inhibitors" (beta-carotene, Vitamin C) found in foods are presented. Dr. T Colin Campbell of Cornell University and Dr. Mark Hegstead of Harvard Medical School discuss the importance of diet in the prevention of cancer. The National Academy of Sciences' Report- Diet, Nutrition and Cancer, and the 4 major dietary recommendations for the general public which were created as a result of the report are reviewed. The recommendations are: 1) decrease dietary fat;2) increase consumption of fruits, vegetables and whole grains; 3) eat less salt-cured, smoked or charcoal broiled foods; and 4) use alcohol in moderation. Guidelines on how to incorporate these guidelines into daily meal planning are provided by a registered dietitian.

0022
Dimensions in fitnessobesity : lose to win /Sharon Wood. --.
Wood, Sharon. S.l. : Dimensions in Fitness, c1984. 1 videocassette (44 min.) : sd., col. ; 3/4 in. + 1 guidebook. (NAL Call No.: DNAL Videocassette no.43 F&N).
Abstract: This videotape is a fitness program by Sharon Wood entitled "Dimension In Fitness," designed for the viewer to perform while watching the tape. An exercise class does a variety of music accompanied exercises. A booklet is included with the program and provides a 7 day, 1200 kilocalorie sample menu. The main objective of the program is to achieve behavior modificationand to get the viewer to adhere to a long-term, healthful, weight reduction program. (ls)

0023
Eat well, be well anthology Metropolitan Insurance Companies.
New York Metropolitan Life Insurance Co. Evanston, Ill. distributed by Journal Films, Inc. c1983. 1 videocassette (29 min.) : sd., col. ; 3/4 in. --. (NAL Call No.: TX355.E198 F&N AV).
Seven dietary guidelines issued by the USDA and US Dept. of Health and Human Services are discussed. The 7 dietary guidelines for Americans are: eat a variety of foods; maintain ideal weight; avoid too much fat, saturated fat, and cholesterol; eat foods with adequate amounts of starch and fiber; avoid too much sugar; avoid too much salt; and moderate alcohol intake. Nutritional advice to help consumers comply with the guidelines are given. Recipes are prepared that comply with each specific guideline. (kbc)

0024
Eat well be wellpresented by Metropolitan Insurance Companies, with Helen Hatton. --.
; Hatton, Helen. New York : Metropolitan ; Evanston, Ill. : Distributed by Journal Films, Inc., c1983. "Prepared in consultation with the Nutrition Coordinating Committee of the National Institutes of Health"-cover of discussion guide.~ Produced by Amram Nowak Associates, under a grant from the Metropolitan Life Insurance Company. 4 videocassettes (105 min.) : sd., col. ; 3/4 in. + 1 recipe booklet, 3 discussion guides. (NAL Call No.: DNAL Videocassette no.42 F&N).
Abstract: A 4 part videotaped nutrition education series based on the 7 dietary guidelines emphasizes variety and moderation in food consumption, and contains realistic nutrition goals. Each segment discusses selected nutrition and health questions related to specific guidelines. A home economist demonstrates recipes that fall within the guidelines/goals for main dishes, snacks or desserts. An accompanying guide contains the recipes demonstrates along with a nutrient analysis of the recipe. (kbc)

0025
Eat well, be wellproduced by Amram Nowak Associates.
; Hatton, Helen. New York : Metropolitan Life Insurance Co., 1982? . U-matic. 2 videocassettes (117 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX355.E197 F&N AV).
Abstract: This series of 26 individual nutrition education messages is based on the 7 U.S. Dietary Guidelines. Each nutrition message is enhanced by a recipe that is low in fat, cholesterol, sodium and sugar. At the end of each message the 7 dietary goals are given. 1) Avoid too much sugar. 2) Avoid too much fat. 3) Avoid too much cholesterol. 4) Eat foods high in fiber and complex carbohydrates. 5) Avoid too much alcohol. 6) Avoid too much sodium. 7) Watch your weight. Recipes may be requested from the sponsor. (kbc)

0026
Eating for sportCalifornia State University, Los Angeles, Home Economics Department. --.
; McWilliams, Margaret. Los Angeles, Calif. : The Dept., 1984. "Produced by Instructional Media Services, California State University, Los Angeles.". 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX361.A8E33 F&N AV).
Abstract: After several athletes tell what they eat before competition, Dr. William Evans, of Tufts University, talks about caffeine and its relation to athletic performance. He advocates a diet rich in carbohydrates, and limited in fat and large quantities of sodium. Responding to questions from athletes, Dr. Evans comments on the use of fructose, glycogen loading, elecrolyte loss and replacement, the negative effects of dehydration, and fluid replacement. Nancy Clark, a registered dietitian specializing in sports nutrition, gives general dietary advice for athletes and specifically addresses food intake on the day before and day of competition. (emc)

0027
Eating out produced by RMI Media Productions, Inc.
; Paine, Harriett. Kansas City, Mo. RMI Media Productions, Inc. 1983. Sound accompaniment for automatic operation only. 85 slides : col. + 1 sound cassette (18 min.) + instructor's manual. --. (NAL Call No.: TX652.C611 no. 8 F&N AV).
Abstract: Suggestions and guidelines (using USDA's "Nutrition and Your Health" pamphlet) for choosing nutritious meals are presented for eating in various situations: in restaurants, fast food outlets, school and company cafeterias, from vending machines, and at a friend's home. It is stressed that knowing how to choose a well balanced diet is important even when eating away from home. (kbc)

0028
Eating out produced by RMI Media Productions, Inc.
; Paine, Harriett. Kansas City, Mo. RMI Media Productions, Inc. 1983. 1 videocassette (18 min.) : sd., col. ; 3/4 in. + instructor's manual. --. (NAL Call No.: TX652.C612 no. 8 F&N AV).
Abstract: Suggestions and guidelines (using USDA's "Nutrition and Your Health" pamphlet) for choosing nutritious meals are presented for eating in various situations: in restaurants, fast-food outlets, school and company cafeterias, from vending machines, and at a friend's home. It is stressed that knowing how to choose a well balanced diet is important even when eating away from home. (kbc)

0029
Eating out produced by RMI Media Productions, Inc.
; Paine, Harriett. Kansas City, Mo. RMI Media Productions, Inc. 1983. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (85 fr.) : col. ; 35 mm. + 1 sound cassette (18 min.) + instructor's manual. --. (NAL Call No.: TX652.C61 no. 8 F&N AV).
Abstract: Suggestions and guidelines (using USDA's "Nutrition and Your Health" pamphlet) for choosing nutritious meals are presented for eating in various situations: in restaurants, fast-food outlets, school and company cafeterias, from vending machines, and at a friend's home. It is stressed that knowing how to choose a well balanced diet is important even when eating away from home. (kbc)

0030
Eating rightresearch/script Claire Prieto, Donna MacDonald ; photography Roger McTair. --.
; Prieto, Claire.-MacDonald, Donna. Ontario? : Ryerson Polytechnical Institute, 1983 . "Produced by Immigrant Women's Centre and Ryerson Polytechnical Institute.". 139 slides : col. + 1 sound cassette (12 min.). (NAL Call No.: DNAL Slide no.98 F&N).
Abstract: The universal need for the same nutrients, regardless of the kinds of food eaten or the customs surrounding them, is taught by comparing the meal plans of people from different countries: Portugul, Jamaica, Italy, Latin America and Vietnam. Five women and their families and friends show how the foods selected come from the basic food groups, even though they look quite different. All of the families have had the recommended quantities by the end of the day. An accompanying resource booklet provides the script for the slide-tape presentation, a list of materials for the background information on the interrelationships of food, nutrition and culture, the social history of food and culture and ethnic cuisine. The bibliography includes citations for basic nutrition information, sources of teaching aids that could be adapted for use with immigrant groups, and sources of information that have been translated

into various languages. (emc)

0031
Endocrine and metabolic effects of alcoholRobert Adler. --.
Adler, Robert. Timonium, Md. : Milner-Fenwick, c1982. "A comprehensive slide teaching program for biomedical education"--cover. 25 slides : col. + guide. --. (NAL Call No.: DNAL Slide no.117 F&N).
Abstract: This slide presentation is part 6 of a series on the effects of alcohol use on medical consequences. The highlights of this unit include 25 slides on the effects of alcoholism on the endocrine system. Four major areas are covered by this program, including alcohol and gonadal function, alcohol and thyroid function, alcohol and adrenal function, and alcohol and other endocrine and metabolic effects. Biomedical diagrams, graphs, and charts provide information at a professional level. A leader's guide includes abstracts of each slide. (ls)

0032
Exchange lists for meal planningproduced by The International Diabetes Center ; Marion J. Franz.
; Franz, Marion J. Minneapolis, Minn. : The Center, 1987? . 80 slides : col. + 1 sound cassette (36 min. : 1 7/8 ips., mono.). (NAL Call No.: DNAL Slide no.259).
Abstract: Guidelines for using the 1986 Exchange Lists in planning diabetic diets are provided in this slide/audiocassette program developed by the International Diabetes Center in Minneapolis, Minnesota. An introduction discusses the digestion and utilization of the energy-providing nutrients--proteins, carbohydrates, and fats. The symptoms, treatment, and complications of both Type I and Type II diabetes are discussed. The rationale behind the food exchange groupings (meat, milk, fruit, vegetables, bread/starch, fat) and the nutrient composition of each exchange are examined. Sample foods included in each exchange and serving sizes for each food are presented. Some typical combination foods are broken into their exchange components. The importance of individualizing the diabetic's meal plan to suit his/her personal lifestyle is emphasized.

0033
Fast food.
Lake Zurich, IL : Learning Seed, 1988. 1 videocassette (VHS) (17 min.) : col. ; 1/2 in. ; 1 guide/script. (NAL Call No.: DNAL Videocassette no.378).
Abstract: This video program teaches one how to maintain a balanced diet when selecting fast foods. The difference between junk and fast foods is discussed. Various types of fast foods are examined from a nutritional viewpoint and recommendations are made to assist one in selecting a balanced meal. A teaching guide with script; a fast food quiz and answer sheet, fast food review sheet; a fast food calorie, fat, and sodium guide; background reading on hamburger vs. chicken; and an article on "Fast Food" are included.

0034
Fat and cholesterol comparison chartsa visual aid for diet instruction.
Sacramento, CA. : Nutrition Graphics, c1985. 8 charts : col. ; 22 x 28 cm., in folder. (NAL Call No.: DNAL Graphic no.113 F&N).
Abstract: An instructional kit to aid dietetians in providing visual, factual information to patients who need to restrict their dietary fat and cholesterol intakes contains 8 removable hard cardboard charts and a summary master table of additional information. Five of the charts, each representing a different food group (meat, fish, and poultry; milk, cheese, and eggs; breads and cereals; fats and condiments; and snacks), provide information on fat (g/serving) and cholesterol (mg/serving) levels for differ ent food choices within the food group in an easily read bar graph format. In addition, the food bars given on the 5 food group charts are color-coded, with green, yellow, and red designating "go," "caution," and "stop" food choices, respectively. The remaining 3 charts contrast low fat and cholesterol menus with high fat and cholesterol menus for breakfast, lunch, and dinner. The levels used for fat and cholesterol in the 8 charts were taken from 7 USDA Handbooks (Handbooks 8-1, 8-4, 8-5, 8-8, 8-10, 8-11, and 456) and the text, "Dictionary of Sodium, Fats, and Cholesterol."~ Additional information and guidelines are given in the accompanying summary master table.

0035
Fat stuffpresented and produced by WGBH Boston in association with American Health.
Deerfield, IL : Distributed by MTI Film & Video, c1987. "Sponsored by the makers of NutraSweet.". 1 videocassette (VHS) (30 min.) : sd., col.; 1/2 in. (NAL Call No.: DNAL Videocassette no.231 F&N).
Abstract: Various types and sources of dietary fat and practical guidelines for moderating fat intake are reviewed in this video program that is part of the Bodywatch series hosted by Dr. James Duke and American Health Magazine. Current levels of fat in the American diet, and fat's role in enhancing the aroma and taste of foods are discussed. Health risks associated with an excess of dietary fat include obesity, heart disease, diabetes, and certain cancers. Normal fat and cholesterol metabolism, and the process of atherosclerosis are described. Characteristics and food sources of different types of fats (polyunsaturated, monounsaturated, saturated) are identified, including "hidden fats" found in many snack foods, cereals, dairy products, and fast foods. Examples of reduced-fat products recently introduced in supermarkets are shown. Guidelines are provided for making fast food selections that are moderate in fat.~ An exercise program that can be used in conjunction with a

reduced-fat diet to control obesity is outlined.

0036
The Fats of life.
Kildeer, Ill. : The Learning Seed Co., c1985. Title on wall chart: Eating for a healthy heart. 1 videocassette (VHS) (40 min.) : sd., col. ; 1/2 in. + 6 teaching guide sheets + 1 wall chart. (NAL Call No.: DNAL Videocassette no.308 1985).
Abstract: A calculator, quiz reviews, tips for reducing reading food labels, study sheets, and a healthy heart poster all accompany this videocassette designed to teach about fats before hardened habits and hardened arteries set in. Saturated, unsaturated, polyunsaturated fats, cholesterol, fat - heart disease links, cancer-fat links, common fat sources in food, and controlling fat in the diet are the major topics presented in a clear, basic manner. The companion teaching guide contains the tape script plus copies of the other materials. (jdb)

0037
Fear of fata Churchill film ; producer, Robert B. Churchill ; director, Judy Reidell.
Los Angeles, CA : Churchill Films, 1987. 1 film reel (26 min.) : sd., col. ; 16 mm. + 1 discussion guide. (NAL Call No.: DNAL Motion picture no.220).
Abstract: This film discusses the current preoccupation with being thin in contrast with the fashions and trends of other time periods. The possibility of this preoccupation leading to an eating disorder is presented. The film also focuses on 5 young women recovering from eating disorders (overeating, anorexia nervosa, and bulimia). The objectives of the film are to increase awareness of social pressures dictating how the body should look to be attractive, to encourage acceptance of body types, to persuade against dieting for weight control unless eating habits are changed, to provide a warning that a preoccupation with food can lead to an eating disorder, to exhibit the effects of anorexia nervosa, bulimia and overeating have on the body. A discussion guide is also provided.

0038
Focus on food showCalifornia State University, Los Angeles ; with Margaret McWilliams and Holly Heller.
; McWilliams, Margaret.~Heller, Holly. Los Angeles, Calif. : The University, 1983. Produced under a grant from Ross Laboratories.~ Number of show on container. 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no 12).
Abstract: Two nutritionists discuss the principles of good nutrition and plan a weight loss menu for one day. Dr. Frederick Stare discusses the need for fiber in the diet. In a market scene, breakfast cereal selections are discussed by one of the nutritionists; and preparation of a quick, low-calorie lasagna, is demonstrated. Dr. Susan Calvert discusses recent books on nutrition support for hospital patients. In a final segment, the meals planned in the opening segment are shown. (emc)

0039
Focus on food showCalifornia State University, Los Angeles ; with Margaret McWilliams and Holly Heller.
; McWilliams, Margaret.~Heller, Holly. Los Angeles, Calif. : The University, 1983. Produced under a grant from Ross Laboratories.~ Number of show on container. 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 10).
Abstract: In a dialogue between 2 nutritionists a dinner menu for a local Rotarians is planned around the 4 Basic Food Groups. Dr. Frederick Stare discusses soft margarines. At a grocery store, fresh frozen and canned are compared in cost, package size, store specials, name brands vs. store brands and generics. The preparation of muffins, a pear dessert, and a cream soup are demonstrated. Dr. Susan Calvert discusses thinness, anorexia, and anorexia nervosa. The nutritionists review the meal planned and display the finished meal components. (emc)

0040
Focus on food showCalifornia State University, Los Angeles ; with Margaret McWilliams and Holly Heller.
; McWilliams, Margaret.~Heller, Holly. Los Angeles, Calif. : The University, 1983. Produced under a grant from Ross Laboratories.~ Number of show on container. 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 13).
Abstract: Two nutritionists discuss the value of fish in a low calorie diet, and plan meals for one day. Fruits and vegetables are stressed by Dr. Frederick Stare in comments about food in relation to heart disease. In a grocery store segment, a nutritionist discusses the various kinds of milk available and the relation of fat content to price. A low fat meal using fish as an entree is prepared by the 2 nutritionists. Dr. Susan Calvert addresses nourishment of sick people with prosperity feedings and nutritional assessment. The final segment shows the meals planned in the opening segment. (emc)

0041
Focus on food showCalifornia State University, Los Angeles ; with Margaret McWilliams and Holly Heller. --.
; McWilliams, Margaret.~Heller, Holly. Los Angeles, Calif. : The University, 1983. Produced under a grant from Ross Laboratories ~ Number of show on container. 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 7).
Abstract: The daily requirements necessary to sustain a healthy person in optimum physical condition can be obtained in a single day's worth of well-planned meals. Dr. Frederick Shore discusses vitamin supplements vs. a balanced diet, while the menu for the day is discussed, prepared and

displayed. The purpose of nutrition and ingredient food labeling is discussed against the background of a supermarket, where various labels are examined. Dr. Susan Calvert, in an interview, considers the regulation of food additives and chemicals. (rvl)

0042
Focus on food showCalifornia State University, Los Angeles ; with Margaret McWilliams and Holly Heller. --.
; McWilliams, Margaret.~Heller, Holly. Los Angeles, Calif. : The University, 1983. Produced under a grant from Ross Laboratories.~ Number of show on container. 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 3).
Abstract: Two nutritionists plan meals for an elderly man, emphasizing the need for milk and ascorbic acid. Betty Howlin, of the American Dietetic Association, speaks about the need for calcium to prevent osteoporosis. She suggests some milk substitutes that supply moderate amounts of calcium. In the produce section of a market the nutritionist points out sources of ascorbic acid. The nutritionists prepare a dinner menu with a fish entree, buttermilk biscuits, rice pilaf and a sliced orange salad. Dr. Susan Calvert and a nutritionist discuss nutrition for the elderly and the diminished metabolism that comes with aging. The meals planned in the opening sequence are reviewed and displayed. (emc)

0043
Focus on food showCalifornia State University, Los Angeles ; with Margaret McWilliams and Holly Heller. --.
; McWilliams, Margaret.~Heller, Holly. Los Angeles, Calif. : The University, 1983. Produced under a grant from Ross Laboratories.~ Number of show on container. 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 2).
Abstract: Two nutritionists, in answer to a letter requesting this information, plan meals based on the 4 Basic Food Groups. In an interview, Dr. Helen Guthrie, author of an introductory nutrition text, talks about the nutritional role of fruits and vegetables in the diet. In a market sequence, a nutritionist gives suggestions for purchasing meat and fish. The nutritionists prepare a lunch of fishburgers and coleslaw. Dr. Susan Calvert, in an interview, talks about how to make the best food selections at fast food restaurants and when dietary supplements may be appropriate. The final scene is a display and review of the meals planned in the opening segment. (emc)

0044
Focus on food showCalifornia State University, Los Angeles ; with Margaret McWilliams and Holly Heller. --.
; McWilliams, Margaret.~Heller, Holly. Los Angeles, Calif. : The University, 1983. Produced under a grant from Ross Laboratories.~ Number of show on container. 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 5).
Abstract: Dr. Frederick Stare, who feels that sugar is not a significant problem in the American diet, explains the differences among sugars. In a market scene, a nutritionist compares different types of margarine. Two women prepare a luncheon of broccoli scramble, brussel sprouts and oatmeal cookies. Dr. Susan Calvert discusses, with a nutritionist, changes in the American eating patterns since 1910. They recommend the USDA Dietary Guidelines as a good pattern for eating. The final segment is a display of meals for one day which conform to these guidelines. (emc)

0045
Focus on food showCalifornia State University, Los Angeles; with Margaret McWilliams and Holly Heller. --.
; McWilliams, Margaret.~Heller, Holly. Los Angeles, Calif. : The University, 1983. Produced under a grant from Ross Laboratories.~ Number of show on container. 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 1).
Abstract: Two nutritionists discuss the education and professional training of a registered dietitian. Dr. Frederick Stare talks about nutrition for the later years of life. He emphasizes variety in the diet and food selection that follows the Basic 4 Food Plan, choosing foods low in fat, and the need for regular exercise. In a market sequence, a nutritionist makes suggestions for purchasing chicken, rice and pasta. Rice, a stir-fry chicken dish and broiled tomatoes are prepared. The final scene is a display of the meals planned in the opening sequence and a discussion of the nutritional adequacy in terms of the Basic 4 Food Groups. (emc)

0046
Focus on food showCalifornia State University, Los Angeles ; with Margaret McWilliams and Holly Heller. --.
; McWilliams, Margaret.~Heller, Holly. Los Angeles, Calif. : The University, 1983. Produced under a grant from Ross Laboratories.~ Number of show on container. 1 videocassette (28 min.) : sd., col., ; 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 4).
Abstract: Patients with heart disease may need to restrict their intake of certain types of food. To show how these can be incorporated into the diet, 2 nutritionists plan menus for one day. Dr. Helen Guthrie points out the types of milk available and the nutritional need for milk. In a market sequence, a nutritionist talks about different types of cheese and how some have been modified for certain nutritionally restricted diets. The nutritionists prepare cheese chowder, toast, and a spinach salad. Dr. Susan Calvert talks with a nutritionist about the NIH cancer studies examining the relationship between nutrients and malignancies, and the importance of maintaining body

weight. (emc)

0047
Focus on food showCalifornia State University, Los Angeles ; with Margaret McWilliams and Holly Heller. --.
; McWilliams, Margaret.-Heller, Holly. Los Angeles, Calif. : The University, 1983. Produced under a grant from Ross Laboratories.- Number of show on container. 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 9).
Abstract: Salt-free foods and sodium-restricted diets are the topics of this "Focus" segment. Salt-substitutes and low sodium products may be used in place of salt, as the meal preparation sequence demonstrates. Obesity and underweight in the elderly, as well as the caloric needs of the sick, are discussed in an interview with Dr. Susan Calvert. (rvl)

0048
Focus on food showCalifornia State University, Los Angeles ; with Margaret McWilliams and Holly Heller. --.
; McWilliams, Margaret.-Heller, Holly. Los Angeles, Calif. : The University, 1983. Produced under a grant from Ross Laboratories.- Number of show on container. 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 8).
Abstract: Nutritional requirements may vary with age and lifestyle. This segment is devoted to an examination of the role of calcium, fluorine, Vitamin A, and exercise in preventing osteoporosis in middle age. Vegetables and dairy products are demonstrated to be excellent sources of these nutrients, and the menu-planning segment of the show features spinach-cheese quiche, asparagus, and a relish plate. Changes in the concept of the 4 basic food groups are also considered. (rvl)

0049
Food and cancer prevention.
Kildeer, Ill. : The Learning Seed Co., c1986. Booklet titles: Menus and recipes to lower cancer risk (32 p. : ill. ; 22 cm.) ; Diet nutrition & cancer prevention (51 p. : ill. ; 24 cm.). 1 videocassette (VHS) (ca. 30 min.) : sd., col. ; 1/2 in. + 1 teacher's guide (15 p. ; 28 cm.) + 2 booklets + 1 black line master titled "Food and cancer prevention.". (NAL Call No.: DNAL Videocassette no.377).
Abstract: This video recording discusses the relationship between cancer and diet and presents dietary guidelines to reduce these risks. These dietary guidelines by the National Academy of Sciences and the National Cancer Institute are: maintain a normal body weight; limit fat and sodium intakes; eat foods high in fiber, carbohydrates, and vitamins A and C; eat charcoal-broiled foods in moderation; and if one drinks alcoholic beverages, do so in moderation. A teacher's guide, a low-cancer risk recipe book, and a guide to food choices are included.

0050
Food, fitness and your lifestyleproduced by Penn State Television and Barbara Shannon. --.
; Shannon, Barbara. University Park, Pa. : Penn State Television, 1985. Title from container. 2 videocassettes (184 min.) : sd., col. ; 3/4 in. + 1 script + 1 manual for training program leaders. (NAL Call No.: DNAL Videocassette no.87 F&N).
Abstract: Training health professionals involved with nutrition and weight control programs in the worksite is the objective of this video/manual presentation of 9 sessions totalling 3-4 hours. The step-by-step guide accompanying the clearly and simplistically staged video prepares the program leader to assist in goal setting for participants via weekly food diaries and weight control charts, to identify calorie sources and portion control with a basic understanding of nutrition, and to acquire a thorough understanding of physical activity components and benefits. Eating behavioral patterns with methods for acquiring new food habits, tips on discovering hidden calories via food label reading and recipe modification, menu selection when eating out, and plans for future support group sessions comprise the other areas presented. Relevant hand-outs and overhead sheets accompany each session. (jdb)

0051
Foods, fads and facts.
; Higgins, Alfred.-Wallen, Stephen.-Matsudaira, Vince. Los Angeles, Calif. Alfred Higgins Productions, Inc. c1982. 1 film reel (20 min.) : sd., col. ; 16 mm. + study guide (1 sheet). (NAL Call No.: TX369.F66 1982 F&N AV).
Abstract: A fast paced film presents nutritional facts and looks at food fads to help the consumer distinguish between accurate and misleading nutrition information. Unsound diets, unnecessary health foods and food supplements, organic and inorganic fertilizer, and current nutrition controversies are discussed along with what constitutes a balanced diet. (kbc)

0052
Goals and guidelines for healthful cooking produced by RMI Media Productions, Inc.
; Paine, Harriett. Kansas City, Mo. RMI Media Productions, Inc. 1983. 1 videocassette (18 min.) : sd., col. ; 3/4 in. + instructor's manual. --. (NAL Call No. TX652.C612 no. 1 F&N AV).
Abstract: An audiovisual kit describes practical aspects of the 7 Dietary Guidelines for Americans developed by USDA. To assure adequate nutrient intakes, the guidelines recommend that most individuals: eat a variety of foods daily, select foods from the 4 food groups, with at least 3 food groups at each meal; maintain ideal body weight; avoid high fat, saturated fat, and cholesterol intakes; eat foods containing adequate starch and fiber; avoid excess sugar consumption; avoid

excess sodium intake; and moderate alcohol consumption. The rationale for each of these guidelines is discussed. The guidelines are not recommended for people who must adhere to special diets. (wz)

0053
A Good diet for the later years. .
; Kiyak, Asuman H. Seattle, Wash. : University of Washington, School of Dentistry, 1982. Title on container: Nutrition in later years.- Title on teacher's guide: Nutrition in the later years.- Series title on guide: Oral health education for the elderly.- Sound accompaniment compatible with manual or automatic operation. 80 slides : col. + 1 sound cassette (15 min.) + 1 teacher's guide + 1 script + 50 handouts. (NAL Call No.: DNAL FNC TX361.A3N812 F&N AV).
Abstract: An audiovisual instructional aid for senior citizen centers, nursing homes, homes for the aged, and adult education classes, outlines the 4 basic food groups and how older people can fulfill the recommended daily requirements for needed nutrients. Recommendations for resolving special problems that older people experience in attempting to achieve these requirements (e.g.: food costs; lower food consumption; meal preparation time) are outlined and illustrated. The kit is comprised of a 15-minute audiocassette having both automatic and manual cueing to a set of 80 color slides. Following this presentation, participants should be able to describe the food groups and their role in health maintenance, and understand the roles of a balanced diet and dietary supplements in later years. A participant handout illustrating food servings for each of the food groups and the nutrition and health benefits of each group is included. (wz)

0054
A guide to healthy marketing and eating out.
Los Angeles : National Health Video, c1986. Cassette title: Label reading, marketing and eating out.- Container title: Marketing, dining out, food label reading.- Spine title: Low-calorie dining. 1 videocassette (VHS) (16 min.) : sd., col. ; 1/2 in. + recipe book. (NAL Call No.: DNAL Videocassette no.412).
Abstract: This video cassette tape from National Health Video, Inc. presents tips on food selections while eating out and grocery shopping. Eating out and still eating healthy in an Italian restaurant is discussed. Healthy suggestions (foods low in sodium, fats and calories) guidance on alcoholic beverages, soups, salad dressings, sauces, entrees, and desserts are provided. Shopping guidelines are given in a grocery store setting. Appropriate number of servings to eat daily of a variety of foods, lower fat and calorie food alternatives to purchase, and label reading are discussed.

0055
Health in the later years Churchill Films.
; Berle, Milton.& Be well, health in the later years. Los Angeles, Calif. Churchill Films 1983. Intended audience: College students and adults -Title on container: Be well, health in the later years. 1 film reel (24 min.) : sd., col. ; 16 mm. --. (NAL Call No.: RA777.6.H4 F&N AV).
Abstract: Comedy vignettes convey general information on the main health concerns for people over 60. Aging is shown as a natural process with unique challenges and rewards. The following topics are covered: aging myths; loss of health and vigor; monitoring complaints; preventive health care (nutrition, exercise, and stress reduction); visits to the doctor; medications; smoking and alcohol use; and ways to change unhealthy habits. (kbc)

0056
Health quackeryfact or fraud? /produced for the Program Department, AARP by Merrick Communications. --.
Washington, D.C. : American Association of Retired Persons, c1985. Sound accompaniment compatible for automatic and manual operation. 76 slides : col. + 1 sound cassette (12 min.) + 2 program guides + 14 pamphlets. (NAL Call No.: DNAL Slide no.185 F&N).
Abstract: This consumer education program, prepared by the American Association of Retired Persons (AARP) focuses on the topic of health quackery. The program includes 75 color slides, consumer pamphlets, addresses at which to report health frauds, a participant quiz, and a program leader guide. The elderly have been noted as being the chief targets of health frauds. After partaking in the one-hour program, participants will learn how to combat blatant and unsuspected health quacks.

0057
Hearty and healthy breakfasts minus cholesterol and calories.
Los Angeles : National Health Video, c1986. Cassette titles: Healthy & Hearty breakfasts ; Healthy & hearty breakfasts minus cholesterol, fat and calories.- Container spire title: Low-calorie breakfasts. 1 videocassette (VHS) (21 min.) : sd., col. ; 1/2 in. + recipe booklets. (NAL Call No.: DNAL Videocassette no.411).
Abstract: This video cassette tape from National Health Video, Inc. demonstrates various recipes for breakfast food items low in cholesterol and calories. The physiological means by which atherosclerosis develops is discussed. Definitions of low density li poproteins, high density lipoproteins, and cholesterol are given. The American Heart Association recommendations for a 30% of calories total fat intake, with 10% saturated fats, 10% polyunsaturated fats, 10% monounsaturated fats and 300 mg cholesterol are presented. Recipes for blueberry cheese blintzes, omlette supreme, and bran muffins are presented and prepared by a registered dietitian.

A recipe book accompanies the videotape.

0058
High blood pressure.
Los Angeles, Calif. Churchill Films c1983. Produced with the cooperation of the American Heart Association. 1 film reel (9 min.) : sd., col. ; 16 mm. --. (NAL Call No.: RC685.H8H48 F&N AV).
Abstract: The causes, symptoms, treatments, and management of high blood pressure are discussed. The physiology underlying the disease is explained. Proper diet, exercise, and stress management also are discussed.

0059
How to relieve the effects of stressArt Ulene.
Ulene, Art. ; Thoresen, Carl E. Los Angeles : Feeling Fine Programs ; New York, N.Y. : Random House, p1987. At head of title: Dr. Art Ulene tells you ...- Dr. Carl Thoresen, consultant.- "RH/FF 3.". 1 sound cassette (60 min.) : analog, 1 7/8 ips, stereo, Dolby system + 1 booklet (63 p.). (NAL Call No.: DNAL Audiocassette no.79).
Abstract: Detrimental side effects associated with stress, and techniques for effective stress management are overviewed in this audiocassettee program. Key goals of stress management are 1) to reduce the overall amount of stress in one's life, and 2) to control the negative side effects of stress more successfully. The audiocassette discusses general strategies for coping with stress and the following types of relaxation techniques, relaxation breathing, progressive muscle relaxation, autogenic exercises, guided imagery, and meditation. The booklet accompanying the cassette includes self-assessment questionnaries that examine personal stress levels and the primary sources of stress in one's life. A multi-step management program is outlined, and a stress diary is provided for use in monitoring daily stress levels, correlating them with specific events, and identifying predictable patterns.

0060
How well do you manage stress?presented by MTI Teleprograms Inc. --.
Northbrook, Ill. : MTI Teleprograms Inc, 1984. 1 videocassette (25 min.) : sd., col ; 3/4 in. (NAL Call No.: DNAL FNC BF575.S75H68 F&N AV).
Abstract: The theme here is the importance of stress management for health maintenance. In alternating presentations, a registered dietitian and a physician, physician about various aspects of stress. A vignette depicts the futility of worrying at night and losing of sleep. Suggestions for handling stress constructively are given through a series of film clips and followed by a series of dramatizations. These skits show a stressful situation being handled in a more productive manner. There is a strong emphasis on attitude as well as methods for responding to stressful situations. (emc)

0061
Inside/out presented by Human Nutrition Information Service, U.S. Department of Agriculture.
(Washington, D.C.) Video & Film Division, U.S.D.A. (1983?). 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: TX355.I5 F&N AV).
Abstract: The important contributors to maintaining good health are discussed: a regular health examination, regular exercise, and a balanced diet chosen from the 4 basic food groups. It is emphasized that everyone should eat well at all ages of life and balance food intake with energy needs to attain and maintain ideal body weight. Throughout the narrative, hints are given for the selection of food to reduce calories and to provide a balanced nutritional intake. Several nutritional myths, e.g., the use of salt tablets, supplementary vitamins, and eating before exercise are addressed, and the helpful aspect of a positive attitude is stressed. (emc)

0062
Inside/outthe story of food & fitness /presented by Human Nutrition Information Service, U.S. Department of Agriculture. --.
Washington, D.C. : Video & Film Division, U.S.D.A., 1983? . 1 videocassette (28 min.) : sd., col. ; 1/2 in. (NAL Call No.: DNAL Videocassette no.75 F&N).
Abstract: The important contributors to maintaining good health are discussed: a regular health examination, regular exercise, and a balanced diet chosen from the 4 basic food groups. It is emphasized that everyone should eat well at all ages of life and balance food intake with energy needs to attain and maintain ideal body weight. Throughout the narrative, hints are given for the selection of food to reduce calories and to provide a balanced nutritional intake. Several nutritional myths, e.g., the use of salt tablets, supplementary vitamins, and eating before exercise are addressed, and the helpful aspect of a positive attitude is stressed. (emc)

0063
Jane Brody on nutrition.
Brody, Jane E. New York, N.Y. Network for Learning Inc. c1983. 1 sound cassette (39 min.) : 1 7/8 ips. ; 2 1/2 x 3 7/8 in., 1/8 in tape. (NAL Call No.: TX353.B729 F&N AV).
Abstract: Highlights from the author's bestselling "Nutrition Book" are presented. Featured are discussions on diet, exercise, fat and cholesterol, caffeine & alcohol, vitamins & health food, protein & carbohydrates and salt & food additives. The author is an award-winning columnist for "The New York Times." The focus of this presentation is to encourage people to eat right, lose weight and keep fit for a healthy and happy life. (kbc)

0064
Lean life cuisineEve J. Lowry. --. : Lowry, Eve J. Shingle Springs, Calif. : Eve Lowry, c1984. "Food comparison slides" -- container. 70 slides : col. ; 5 x 5 cm. + 1 script. (NAL Call No.: DNAL Slide no.156 F&N).
Abstract: "Lean Life Cuisine" is a nutrition education program designed to teach adults ways to reduce dietary fat. A variety of foods are compared for their fat content. Food recipes are altered to reduce fat and total calories, and a number of tasty low calorie/low fat recipes are given. Helpful suggestions are given to encourage the viewer to reduce dietary fat intake. Typical excuses for eating a high fat diet are presented to discourage the viewer from continuing poor dietary habits. A leader's guide accompanies the slides. (ls)

0065
The lean life food seriescreated, written and produced by Eve Lowry. Lowry, Eve J. Shingle Springs, CA : A.V.'s by R.D.'s, 1986. VHS.- Set of recipes has 1988 copyright. 1 videocassette (25 min.) : sd., col. ; 1/2 in. + script + set of recipes. (NAL Call No.: DNAL Videocassette no.478).
Abstract: This videorecording attempts to assist consumers in reducing the fat content of their diets. Meal menus are examined to determine methods of reducing fat intake. A script and recipes accompany the video.

0066
The lean life food seriesEve Lowry. Lowry, Eve J. Shingle Springs, CA : A.V.s by R.D.s, 1984. Sound accompaniment compatible for manual and automatic operation.- Recipes from Eve Lowry's Lean life cuisine, 1981.- Date on audiocassette is 1985. 76 slides : col. + 1 sound cassette (22 min.) + 1 script + 1 set of recipes. (NAL Call No.: DNAL Slide no.204 F&N).
Abstract: With diet conscious Americans used to consuming an average of 42% of calories from fat, food can become a preoccupation, as one attempts to figure out what foods to eat. To assist in this endeavor, this kit compares typical breakfast/lunch/dinner menus to lower fat versions of the same meals. Highlighted foods include milk, mayonnaise, chicken, steak, spaghetti sauce, salad dressings, tuna, and buttered toast/potatoes. Both the video and the cassette/slide presentations address the same menu comparisons. Additionally, a slide script and low-fat recipes accompany the kit.

0067
Leni Reed's supermarket savvytour training kit. Reed, Leni. Addison, TX : Leni Reed Associates, c1987. 2 sound cassettes (73 min.) : 1 7/8 ips, mono + 1 training manual (various pagings : 29 cm.). (NAL Call No.: DNAL Audiocassette no.82 1987).
Abstract: Resource materials and guidelines for conducting supermarket tours for a variety of consumers are provided in this comprehensive self-study kit from Leni Reed Associates, Inc. The kit consists of two audiocassettes, and a "how-to" manual. Audioca ssettes discuss 1) benefits of conducting supermarket tours, 2) how to market the tour to clients (physicians, corporations, media, special groups), 3) shopping for healthier foods, and 4) expenses of starting and operating a supermarket tour business. The videotape conducts an aisle-by-aisle tour of a supermarket, describing how to use food product labels and other available nutrition information to lose weight; reduce dietary fat, cholesterol, sodium, and sugar; and increase dietary fiber. The "how-to" manual contains sections that discuss how to market, conduct, and evaluate supermarket tours. It also contains exercises to help consumers apply key nutrition concepts, sample resource materials, and an evaluation form.

0068
Lifesavers. : Mitchell, J. Gary.-Louis, Laura.-Latta, Michael. Northbrook, Ill. MTI Teleprograms Inc. 1983. CREDITS: Producer, director, J. Gary Mitchell; writers, J. Gary Mitchell, Laura Louis, Michael Latta. 1 film reel (25 min., 30 sec.) : sd., col. ; 35 mm. + 1 discussion guide (9 p.). (NAL Call No.: TX360.U6L53 F&N AV).
Abstract: A report on the need for change in the American diet and in American attitudes toward health and fitness is presented in a film aimed at law enforcement, criminal justice, security, and correction personnel. The focus is on long-term fitness, improved quality of life, the importance of fitness, and an individual's commitment to health. The underlying attitudes that contribute to poor fitness, lifestyle, are examined and methods of reversing potentially dangerous risk factors are discussed. It is stressed that people who have improved their health through diet and fitness are better prepared to serve the public effectively and enjoy their lives as well. (kbc)

0069
Lowfat lifestyle on the goRonda Gates. Gates, Ronda. : Parker, Valerie. Lake Oswego, OR : Lifestyles, 1989? . VHS format.- Book title: Lowfat lifestyle by Valerie Parker & Ronda Gates. 1 videocassette (30 min.) : sd., col. ; 1/2 in. + handouts + 1 book. (NAL Call No.: DNAL Videocassette no.462).
Abstract: This videorecording and recipe book provide information on achieving and maintaining a lowfat diet. The materials explain how to avoid fat in your diet, reveal the names of commonly used fats and oils, show how to shop smartly in the supermarket, and teach how to prepare tasty low fat recipes that are quick to fix. The perfect diet is described as low in fat, low in sugar, high in fiber, balanced and varied, and sufficient in calories.

0070
Make your food dollars countbuy better to eat better /produced by United States Department of Agriculture, Food and Nutrition Service.
Alexandria, Va. : U.S. Dept. of Agriculture, Food and Nutrition Service, 1984? . Pamphlets and posters in English and Spanish.- Sound accompaniment compatible with manual and automatic operation. 70 slides : col. + 1 sound cassette (13 min.) + 1 script (14 p. ; 28 cm.) + 1 project guide (21 cm. ; 28 cm) + 4 posters + 8 pamphlets + 1 sound disc (2 min ; 33 1/2 rpm, mono.; 3 1/2 in.). (NAL Call No.: DNAL FNC TX356.M307 F&N AV).
Abstract: A USDA nutrition information kit designed to help low-income families (particularly, food stamp users) buy and prepare more nutritious, less expensive foods and to enable these individuals to obtain the most food and nutrition benefit for each food dollar spent. This kit includes a project guide, 4 wall posters, a 33 1/3 rpm recording of 6 themes (2 repeated in Spanish) on buying better and eating better, 4 fliers on economic food nutrition themes (with 4 identical fliers in Spanish), and a set of color slides, complete with audiocasette tape and a narrative guide. This kit is recommended for extension agents, personnel in State health departments, nutritionists, dietitians, and food stamp office staff for their work with low-income households. (wz)

0071
Mild salt-restricted diet a Milner-Fenwick production.
Timonium, Md. Milner-Fenwick Inc. c1982. "HA-17.". 1 film reel (11 min.) : sd., col. ; 16 mm. (NAL Call No.: RM237.8.M5 F&N AV).
Abstract: A case study format is used to show adults the health implications of using excessive salt in food and the difficulty of reducing consumption of salt. The overabundance of salt in commercially prepared food items is emphasized. Guidelines for limiting salt use are provided. Salt alternatives and substitutes (such as other seasonings) are suggested. (rkm)

0072
Modern beefproduced for Beef Promotion and Research Board by National Cattlemen's Association.
Englewood, Colo.? : The Association, 1987. Variant title: Modern beef II.- "10/87."- Container title: The story of modern beef. 1 videocassette (VHS) (10 min., 35 sec.) : sd., col.; 1/2 in. (NAL Call No.: DNAL Videocassette no.376).
Abstract: This video program from the Cattlemen's Association discusses the nutritional value and fat content of modern beef. Other topics discussed include: what is modern beef; how and why the beef industry changes; the production of modern beef by industry to meet consumer demands.

0073
The neurological complications of alcohol and alcoholismJames L. Bernat, Maurice Victor. --.
Bernat, James L. ; Victor, Maurice,; 1920-. Timonium, Md. : Milner-Fenwick, c1982. "A comprehensive slide teaching program for biomedical education"--cover. 64 slides : col. + guide. --. (NAL Call No.: DNAL Slide no.118 F&N).
Abstract: This slide presentation is part 7 of a series for biomedical education on the medical consequences of alcohol abuse. The specific highlights of this unit include slides about alcohol and the nervous system, disorders associated with increasing blood alcohol levels, and disorders associated with decreasing blood alcohol levels. Biomedical illustrations, photographs, graphs, and charts provide information at the professional level. A leader's guide includes abstracts of each slide. (ls)

0074
The new lunchNutriWork.
Andover, MA : NutriWork, 1987? . 65 slides : col. + 1 script, promotional materials, handouts, evaluation form, and references. (NAL Call No.: DNAL Slide no.265).
Abstract: The "New Lunch" nutrition educator/facilitator kit is composed of everything necessary to conduct a lunch time nutrition workshop for the worksite, community and other adult education settings. Components of the kit include: color slides; a script guide which includes important points for each slide; sequential numbering guide for the educator; masters that may be reproduced for eating out activities; promotion and evaluation materials and a reference guide for program content. Topics disscussed in the 1 hour presentation are: the new business lunch; eating for a healthy heart; how to identify "hidden" sodium in foods; the diet's effect on productivity; and taking responsibility for one's own health. The set of slides may be arranged in different ways to meet the needs of specific audiences.

0075
A new way of eatinghypertension /medical advisory board, Richard Steckel ... et al. ; presented by National Health Video, Inc.
Los Angeles, CA : National Health Video Inc., 1986?. Cassette label title: Hypertension nutrition.- VHS format.- Materials are same as videocassette called Healthy heart cooking. 1 videocassette (120 min.) : sd., col. ; 1/2 in. + 1 recipe booklet. (NAL Call No.: DNAL Videocassette no.333).
Abstract: This video cassette presentation reviews cooking demonstrations for low cholesterol, low sodium, low fat and low calorie foods and discusses shopping tips, eating out without exceeding dietary restrictions, and reading food labels. A 14-page recipe book containing 16 recipes and an appendix is provided. Each recipe lists

the amounts of calories, sodium, fat, cholesterol and exchange equivalent per serving. The physiological aspects relating to high blood pressure, narrowing of the small arteries, increased work load of the heart blood clotting, heart attacks, and strokes are disucssed. The American Heart Association's recommendations for dietary fat and cholesterol intake are presented.

0076
Nutrient needsbasic metabolic processes ; a self-instructional package /The Ohio Regional Medical Audiovisual Consortium. --.
Carrboro, N.C. : Health Sciences Consortium, 1984, c1983. 840-VI-025 A&B. 2 videocassettes (38 min.) : sd., col. ; 3/4 in. + 1 user's guide. --. (NAL Call No.: DNAL Videocassette no.65 F&N).
Abstract: A three part series entitled "Nutrient Needs: Basic Metabolic Processes" designed for health occupation students and health professionals. Module I (print) reviews the basic, metabolic processes of foods and nutrients and discusses the 6 major nutrient catagories: carbohydrates, fat/lipi, protein, water, minerals, and vitamins. It reviews the typical United States diet with the 1977 Dietary Goals and teaches the student how to calculate carbohydrate, fat, protein and kilocalories. Module II (videotape/print) provides an in-depth discussion of the digestive system and digestive enzymes with colorful biomedical illustrations. The program begins wih the chemical action of salivary amylase in the mouth and progresses along the entire alimentary tract. The digestive process is closely examined with special attention given to intestinal structure, absorptive mechanisms and sites, digestive juices, enzymes, and associatedorgans such as the liver, gall bladder and pancreas. Module III (videotape/print) provides biomedical illustrations along with an in-depth presentation of metabolism as it applies to anabolism and catabolism of nutrients in the body. The Krebs cycle is discussed as a component of carbohydrate metabolism. Similary protein catabolism and amino acid anabolism are presented in-depth. The fatty acid cycle and lipid oxidation are among two of the processes discussed regarding lipid metabolism. The interactions of protein, fat and carbohydrate metabolism are discussed as they relate to the starvation state. A user's guide accompanies the program and includes objectives, text, glossary, 3 posttests and additional resources.

0077
Nutrient needsfatty acids and vitamins /developed at the Ohio State University for the Ohio Regional Medical Audiovisual Consortium. --.
Columbus, Ohio : The Consortium, 1984, c1983. 3 videocassettes : sd., col. ; 3/4 in. + 1 user's guide. --. (NAL Call No.: DNAL Videocassette no.51 F&N 1984).

0078
Nutrient needsprotein and calories ; a self-instructional package /developed at the Ohio Regional Medical Audiovisual Consortium. --.
Carrboro, N.C. : Health Sciences Consortium, 1984, c1983. 840-VI-026 A&B. 2 videocassettes (18 min., 30 sec.) : sd., col. ; 3/4 in. + 1 user's guide. --. (NAL Call No.: DNAL Videocassette no.64 F&N).
Abstract: Self-instructional 3 part module combines videotape and print to assist health care students in learning current information pertaining to identification and assessment of nutritional needs. Module I (Print only) discusses the minimum daily requirements (MDR) and recommended daily allowances (RDA). Module II (videotape) entitled "Protein Needs" uses colorful illustrations to discuss protein needs in both qualitative and quantitative terms. Protein is the only macronutrient having a recommended daily dietary allowance. The essential amino acids (EAA) are presented, as are the daily protein requirements.Protein comprises 15% of total body mass of adults, primarily as muscle mass, visceral proteins and supportive tissues. Enzymes are also proteins. Complete and incomplete proteins are discussed and specific vegetable proteins with incomplete proteins are presented. Module III (videotape) entitled "Calorie Needs" uses colorful illustrations to present a complete picture of the energy needs of the body and its nutrient sources. The term basal metabolic rate (BMR) is presented and the fate of ingested calories from fats, proteins and carbohydrates is explored. Kilocalories are defined in terms of energy capacity and the viewer learns how to calculate daily energy requirements for both healthy and hospitalized patients. The user's guide that accompanies the program incorporates the 3 modules and includes a practice cycle, posttest and comprehensive glossary.

0079
Nutrient needswater and minerals ; a self-instructional package /The Ohio Regional Medical Audiovisual Consortium. --.
Carrboro, N.C. : Health Sciences Consortium, 1984, c1983. 840-VI-027 A&B. 2 videocassettes (50 min.) : sd., col. ; 1/2 in. + 1 user's guide. --. (NAL Call No.: DNAL Videocassette no.63 F&N).
Abstract: A 3 part series entitled "Nutrient need : water and Minerals" is designed for health professional students who require a foundation in the basic concepts of human nutrition. Module 1 (print) compares and contrasts minimum daily requirements (MDR), recommended daily allowance (RDA) and Estimated Safe and Adequate Intake. Module 2 (videotape/print) entitled "Water Needs" provides colorful illustrations and in depth coverage of fluid requirements for the body. Water is a major component of each cell, and is found in intracellular,

extracellular, and intravascular compartments. Body fluids has 5 major purposes: it is a component of body structure, a solvent for physiological compounds, a transport medium, a lubricant, and a body temperature regulator. Sixty % of body water is obtained through ingestion and metabolism. Module 3 (videotape/print) entitled "Minerals" provides colorful biomedical illustrations and in depth information about essential minerals. Each mineral is discussed regarding its role in acid-base balance, water balance, muscle movement, structural components and organic compounds. The terms "macromineral" and "micromineral" are defined.Toxic minerals such as cadmium and arsenic are mentioned. A user's guide is provided with the program and includes objectives, text, posttests, glossary, and additional resources.

0080
NutriGame (developed by Florence Christoplos).
; Christoplos, Florence. Laurel, Md. : F. Christoplos c1984. Includes chart, game cards, score sheets, instruction sheet and 1 die. 1 game ; in envelope 23 x 31 cm. (NAL Call No.: TX535.N78 F&N AV).
Abstract: A nutrition education game for 2-6 players is won by being the first to have the required number of food cards in each of 7 nutrient blocks in the game scorecard (6 in carbohydrates, 3 in roughage, 3 in B vitamins, 3 in vitamin C, 2 in calcium, 2 in protein, and 1 in vitamin A or D), and not having more than 5 "penalty" dot food cards (foods containing too much salt, fat, or cholesterol). A food chart listing the nutrients contained in each of the foods listed on the individual food cards guides the players in selecting appropriate nutrient blocks on the scorecard to place their food cards. Each player receives 5 food cards to start the game, and rolls a die, in turn, to determine the number of additional food cards (up to 3) a player must take. Scoring and alternative modifications of the game are described. (wz)

0081
Nutrition and diabetesauthor, Robert E. Kowalski ; produced by The Polished Apple.
; Kowalski, Robert E. Malibu, Calif. : The Polished Apple, c1987. Sound accompaniment compatible for both automatic and manual operations. 3 filmstrips (325 fr.) : col. ; 35 mm. + 3 sound cassettes + 1 program script. (NAL Call No.: DNAL Filmstrip no. 197).
Abstract: Dietary management of diabetes mellitus is throughly reviewed in this filmstrip/audiocassette instructional program from The Polished Apple. The program is part of a series of patient education programs for individual on special diets. Part 1, "Nutrition and Type I Diabetes," discusses how to plan diets using the food exchange system. It also examines the effects of exercise and illness on food needs. Part II, "Nutrition and Type II Diabetes," emphasizes the importance of exercise and diet in weight control and diabetes management. Part III, "Living Life to the Fullest," discusses how both type I and II diabetics can shop for and prepare nutritious and tasty foods, enjoy a variety of ethnic foods, and eat out in restaurants.- The program stresses diet as the cornerstone of diabetes management and encourages diabetic patients to take control of their own health care. A program guide containing copies of the film scripts and references is enclosed.

0082
Nutrition and fitnessintervening in risk factor determination & disease. --.
Chicago, Ill. : The American Dietetic Association, c1982. Title from label.- Presented by the American Dietetic Association. 2 videocassettes (118 min.) : sd., col. ; 3/4 in. + 1 student guide. --. (NAL Call No.: DNAL Videocassette no.29 F&N).
Abstract: This program was designed by the American Dietetic Association as an extended education program for dietitians or dietetics students. This presentation is Part I of a two-part program on nutrition and fitness. An interview with a doctor provides information on the history of man's nutritional evolution. Preventive medicine is discussed as an important factor in preventing premature mortality. Factors such as good nutrition, exercise regimens, and stress modification. A comprehensive student guide accompanies the program. (ls)

0083
Nutrition and oral healthThe University of Washington School of Dentistry.
; Kiyak, Asuman H. Seattle, Wash. : The School, 1982. Series title on guide: Oral health education for the elderly.- Sound accompaniment compatible with manual or automatic operation. 51 slides : col. + 1 sound cassette (14 min.) + 1 teacher's guide + 1 script + 25 handouts. --. (NAL Call No.: DNAL FNC RK55.A3N87 F&N AV).
Abstract: This program focuses on the relationship between oral health and diet, especially in the later years of life. It lists dietary actions than can lessen "dry mouth" and discusses the relationship of candy to dental caries. Chewing, eating slowly and tongue brushing are encouraged and saliva substitutes are mentioned. Suggestions are offered for increasing food flavor using spices and herbs. The role of calcium in changes in the jaw bones and osteoporosis is explained and good sources of this nutrient are pictured. A summary of the main points of the program concludes the set. (emc)

0084
Nutrition care of the diabetic on maintenance dialysisMarcia Davis. --.
Davis, Marcia. Chicago, Ill. : American Dietetic Assoc., 1984. "ACS-2."- Title from label. 1 sound cassette (60 min.) : 1 7/8 ips., mono. + 1 study guide. --.

(NAL Call No.: DNAL Audiocassette no.21 F&N).
Abstract: An audio cassette prepared by the American Dietetic Association on the nutrition care of the diabetic on maintenance dialysis. Seven areas are discussed among which are: dialysis modalities (Hemodialysis, intermittent peretoneal dialysis (IPD), and continuous ambulatory peretoneal dialysis (CAPD), control of Blood glucose levels, nutritional status of dialyzed diabetic including nutritional assessment and management, diabetic management includes insulin therapy and dietetic management, and patient education. A study guide for the professional dietetians/nutritionist is included with study questions answers and a bibliography. (kbc)

0085
Nutrition in the fast lane.
; Burkey, Susan.-Leklem, Jim.-Lewis, Margaret. Corvallis, Or. : Oregon State University, Extension Service, 1984 . "Slide tape developed by Susan Burkey, Jim Leklem and Margaret Lewis."- "SP 12-232.". 80 slides : col. + 1 sound cassette (17 min.) + 1 script (7 p.). (NAL Call No.: DNAL FNC TX361.A8N87 F&N AV).
Abstract: An extension course lecture on nutrition and exercise for the general public includes an 80 color-slide presentation coordinated with a 17-minute audiocassette narrative. The lecture promotes the concept that good nutrition and exercise together can have a positive influence on both physical and mental health. The 6 classes of essential dietary nutrients (carbohydrates, fat, protein, vitamins, minerals, and water) are discussed and illustrated with respect to their needs and value in various sports activities. Nutrient facts and fallacies regarding benefits to exercise are both discussed. The goal of this lecture is to assist people in sorting fact from fantasy and piecing the nutrition puzzle together. A copy of the audio script keyed to the slide topics is included. (wz)

0086
Nutrition in the later years Churchill Films.
; Berle, Milton.& Be well, nutrition in the later years. Los Angeles, Calif. Churchill Films 1983. Intended audience: College students and adults -Title on container: Be well, nutrition in the later years. 1 film reel (24 min.) : sd., col. ; 16 mm. --. (NAL Call No.: TX361.A3N81 F&N AV).
Abstract: Comedy vignettes convey information on nutrition and food, especially the nutrition needs of the older (60+) population. Topics include : the 4 food groups; shopping for nutritious, low-cost foods; reducing sugar, fats, and salt; changing eating habits to control weight; preparing tasty meals; and dealing with eating alone and loss of appetite. (kbc)

0087
Nutrition in the later yearswritten by Cathy Franklin ; presented by the University of Washington School of Dentistry ; project director, Asuman H. Kiyak.
; Franklin, Cathy.-Kiyak, Asuman H. S.l. : Joe Drovetto Audio Visual Productions? , c1982. Title on slide 3: A Good diet for the later years.- Series title on guide: Oral health education for the elderly.- Sound accompaniment compatible with manual or automatic operation. 80 slides : col. + 1 sound cassette (15 min. : 1 7/8 ips., mono.) + teacher's guide + 25 handouts. (NAL Call No.: DNAL Slide no. 169 F&N).
Abstract: Nutrition in the Later Years is a slide-tape presentation designed to increase nutrition awareness in the elderly. The program includes a presentation of the basic four food groups and recommended daily requirements of necessary nutrients. Problems characteristic of the elderly population, such as low income, lack of transportation, lack of facilities, and health problems are discussed in conjunction with the need to maintain a proper diet. Suggestions and recommendations are given and handouts are available. (ls)

0088
Nutrition issuesJulie M. Jones. --.
Jones, Julie M. S.l. : American Association of Cereal Chemists, c1985. Title from label. 1 videocassette (50 min.) : sd., col. ; 1/2 in. (NAL Call No.: DNAL Videocassette no.59 F&N).
Abstract: Dr. Julie M. Jones discusses nutrition issues as they pertain to the general public. She focuses on the sources of nutrition information available to the consumer, such as books and magazine articles, research findings, and governmental guidelines. In particular, she explores the myths surrounding nutrition by emphasizing accurate information about carbohydrates, fiber, sugar, protein, and fat. In addition, specific dietary habits which may be unhealthful are cited and ways to change or improve these habits are presented. (ls)

0089
The Nutrition testa presentation of Perennial Education ; field producer, Diana London.
Evanston, IL : Perennial Education, 1985. VHS format. 1 videocassette (21 min.) : sd., col. ; 1/2 in. + 1 guide. (NAL Call No.: DNAL Videocassette no.457).
Abstract: This videorecording demonstrates to consumers how to read labels while shopping in order to enhance the nutritional value of the foods that are purchased. It also illustrates how to prepare and cook those foods to retain high nutritional values. The benefits of nutrients obained from food as compared to nutrients derived from vitamins is discussed.

0090
Nutrition todayfast foods, convenience foods, and snacks / produced by Sheila Ashbrook .
Ashbrook, Sheila. Urbana, Ill.? : S. Ashbrook, 1986. 75 slides : col. + 1 script. (NAL Call No.: DNAL Slide no.235 1986 F&N).
Abstract: This slide attempts to educated families as to what is good nutrition, in order that they can make wise decisions when selecting snacks, fast and convenience foods. It suggests that we should eat a wide variety of foods but in moderation in order to lessen health problems. One should consider the fat content, number of calories/day, sodium intake, cost and convenience of these foods. It is concluded that snacks, fast, and convenience foods do not mean poor nutrition unless one lets them do so. It is suggested that one avoids empty calories, foods with high sodium, and fat contents.

0091
Nutrition updatessponsored by the Society for Nutrition Education and the William H. Donner Foundation.
Red Hook, N.Y. : Sound Ideas Productions, 1986? . 1 sound recording (65 min.). (NAL Call No.: DNAL Audiocassette no.80).
Abstract: Sixty-five, one-minute public service announcements (PSA's) are provided by the Society for Nutrition Education and the William H. Donner Foundation. Some nutrition topics discussed in the PSA's are osteoporosis, calcium, physical activity, heart disease, cholesterol, weight control, lowering fat intake, cancer prevention, food preparation, etc.

0092
Nutritionfood for sport /Nathan J. Smith, Diana L. Massucco. --.
: Smith, Nathan J.-Massucco, Diana L. Washington : University of Washington, 1983? . Title from book.- Videocassette "Fueling the body for sport" and slide set "Nutrition : food for sport" accompany chapters of book. 1 videocassette (8 min.), 1 sound cassette (12 min.), 67 slides, 1 book ; 28 cm. (NAL Call No : DNAL Kit no.16 F&N).
Abstract: "Nutrition: Food for Sport" is a complete program for coaches to present to their athletes. The presentation covers the importance of a well-balanced diet for optional physical condition. Nutrition-related problems encountered by some athletes are discussed, such as: indequate food intake, concern about diet quality, what to eat before the game, and meeting the fluid needs of athletes in order to avoid heat disorders. The athlete is taught ways to achieve his energy need, while fulfilling his nutrient requirements. A Pre and post test is included in the leader's guide. (ls)

0093
Osteoporosis and youSt. Louis District Dairy Council and National Dairy Council.
Rosemont, Ill. : National Dairy Council, c1985. Sound accompaniment compatible for manual and automatic operation. 54 slides : col. + 1 sound cassette (30 min.), 1 script, 1 presentation outline, 1 reaction form and 1 questions booklet. (NAL Call No.: DNAL Slide no.244).
Abstract: Osteoporosis is a serious bone disease. In this slide-tape presentation, the public is informed about osteoporosis--how it develops, who's at risk and how it can be prevented or its progress slowed. Discussions of the dynamic activity of bone, the importance of calcium and the development of bone mass before age 40 are followed by discussions of specific dietary/exercise factors that play a preventive role. A presentation outline, commonly asked questions about the disease, a participant reaction form, and a guide script are included.

0094
Osteoporosisproduced by Therapy Graphics and Harbor/UCLA Medical Center, Division of Rheumatology.
Palos Verdes Estates, Calif. : Therapy Graphics, c1986. 1 videocassette (VSH) (14 min.) : sd., col. ; 1/2 in. + 1 script. (NAL Call No.: DNAL Videocassette no.400).
Abstract: A discussion of osteoporosis, in terms of its risk factors and prevention, is provided by this videocassette tape program. The physiology of bone tissue and the importance of appropriate calcium-rich foods, increasing weight-bearing exercise, monitoring protein intake and avoiding alcohol and smoking is presented.

0095
A Personal plan for wellness.
: Ardell, Donald B.-Tager, Mark J.& Planning for wellness. Northbrook, Ill. MTI Teleprograms Inc. 1982. Accompanied by Planning for wellness by Donald B. Ardell and Mark J. Tager (RA776.A65 1982 F&N C-2690) -Leader's guide written by Mark J. Tager and Donald B. Ardell. 1 film reel (32 min.) : sd., col. ; 16 mm. + leader's guide. (NAL Call No.: RA776.P42 F&N AV).
Abstract: A personal planning process that can help one understand the total aspect of "wellness" is described. Wellness is more than physical health, it is a lifestyle focused on well-being. A family's experience depicts how cultural norms at home, work, and play influence lifestyle and choices. Attention is placed on reshaping less desirable lifestyles and habits into a total program for personal wellness. The film is designed to encourage discussion which will focus on setting effective, realistic goals. A leader's guide is included. (kbc)

0096
Physical fitness in the later yearsChurchill Films.
; Berle, Milton. Los Angeles, Calif. : Churchill Films, 1983. Intended audience: College students and adults. 1 film reel (23 min.) : sd., col. ; 16 mm. + 1 study guide. --. (NAL Call No.: DNAL FNC RA781.P49 F&N AV).
Abstract: Milton Berle hosts this series of dramatized incidents about the variety of ways that people can stay physically active, or even start exercising regularly for the first time in later years. Short vignettes and interviews with well-known authorities address misconceptions about exercise for older people; the need for exercise to prevent deterioration; positive effects of exercise and different levels of exercise; caution about stating an exercise program, particularly aerobics, and tips on motivation. Exercises that stretch, strengthen, and relax are demonstrated. The value of exercise for arthritis and other conditions and exercise in water is also shown. (emc)

0097
A Picture of health.
; Mitchell, J. Gary.-Louis, Laura.-Latta, Michael.-Cimino, Rick. Northbrook, Ill. MTI Teleprograms Inc. 1983. 1 reel (21 min.) : sd., col. ; 16 mm. + discussion guide (7 p.). (NAL Call No.: TX360.U6P52 F&N AV).
Abstract: Cultural and societal attitudes that contribute to health and fitness or unfitness are discussed. An improved diet and a sensible fitness plan can help us achieve a healthier and longer life. Degenerative diseases in America are discussed because it is estimated that 70-80% of all diseases in America are caused by poor quality diets, smoking, and lack of physical activity. Three preventive health programs are examined: aerobics (the effect of exercise on hormones and attitudes); low-fat diet (alternatives to the normal American diet with emphasis on the Pritikin diet); and family nutrition (a 5 year health and nutrition study designed to encourage families to consume a low-fat diet). Life style changes and a commitment to health are required. A discussion guide is included. (kbc)

0098
The pivot quick and easy vitamin and mineral locator compiled by William H. Lee. -.
Lee, William H. New Canaan, Conn. Keats Publishing c1983. 1 rotary chart ; 25 x 23 cm. (NAL Call No.: TX553.V5L38 F&N AV).
Abstract: A reference wheel for 18 vitamins includes 2 not normally classified as vitamins (F&P) and 12 minerals. Given are: the RDA (if established) and natural sources; other nutrients with which the nutrient works best; deficiency signals; foods or drugs that can adversely affect the nutrient; and the definition of 12 terms (e.g., carbohydrates). The locator is not intended for medical advice, but solely for informational and educational purposes. (kbc)

0099
Play for your life.
Phoenix, Ariz. : Dallas Saudt Co., 1985 . Title from container.-Instructional guide has title: The personal diet analysis gameplan : play for your life ; written by Brice L. Kratzer and Dallas W. Saudt. 1 sound cassette (10 min.) : 1 7/8 ips ; 4 x 2 1/2 in. + 1 instructional guide. (NAL Call No.: DNAL Audiocassette no.65 F&N).
Abstract: "Play for Your Life" is a program in the form of a personalized game designed to increase the user's awareness of nutrition requirements and food composition. The user keeps a daily record of the food he/she eats and analyzes its nutritional contribution to his/her dietary intake. By playing the game, the individual will learn whether or not his/her diet is nutritionally balanced, what weight is ideal for him/her, how he/she should improve his/her diet to better meet the nutritional requirements. The program comes with an instructional cassette, workbook, and information booklets. (ls)

0100
Portraits of anorexiaa Fat Chance Films production ; producer, director, Wendy Zheutlin.
Los Angeles, CA : Churchill Films, 1987. 1 film reel (28 min.) : sd., col. ; 16 mm. 1 discussion guide. (NAL Call No.: DNAL Motion picture no.221).
Abstract: This film reviews the psychological and physical aspects of anorexia nervosa. Former anorectics discuss social pressures, family communications, guilt, desire for independence, school pressures and self-esteem as it relates to anorexia. The objectives of the film are to enable the viewer to comprehend the experiences of anorexia, to learn about the psychological issues affecting anorectics, to understand how the family affects anorectics and to have insight into the recovery of anorexia nervosa. A leader/discussion guide accompanies the film.

0101
A Practical approach to a high fiber diet.
Pa.? : Pennsylvania State University?, 1985? . Title from container. 1 videocassette (10 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL Videocassette no.62 F&N).
Abstract: This videotape gives an informative presentation of dietary fiber. The viewer is shown a variety of foods, and is asked to choose the ones thought to be high in fiber. Crude fiber, the fiber remaining after scientists have treated the food, is explained as being quite different from dietary fiber. Including high fiber foods in the daily diet is stressed in order to reduce the risk of a variety of diseases. These diseases include gastro-intestinal disorders, diabetes, obesity, heart disease, and cancer. A

wide variety of foods is suggested; however, the viewer is told that too much fiber is not beneficial. (ls)

0102
Renal dietitians Martin ... (et al).
Garden Grove, Calif. InfoMedix (1982). Presentations taped at the 65th Annual Meeting of the American Dietetic Association, Oct., 18-22, 1982, San Antonio, Tex ~"M284-23.". 1 sound cassette (81 min.) : 1 7/8 ips ; 3 7/8 x 2 1/2 in., 1/8 in. (NAL Call No.: RM221.K5R45 F&N AV).
Abstract: Two papers provide an overview of issues related to therapeutic dietary compliance of patients the chronic renal failure. The first paper reviews components of compliance and characteristics of the renal failure patient, reasons for non-compliance, problems encountered with renal disease, and pertinent features of patient/provider relationship. The second paper examines the dietitian's role, structured constraints, patient education, and suggestions for obtaining patient compliance. (kbc)

0103
Salt and hypertension.
; Lengsfelder, John.~Lisciandro, Katherine.~Lisciandro, Frank. (Santa Monica, Calif.) Image Associates (released by) Pyramid c1982. 1 film reel (26 min.) : sd., col. ; 16 mm. + film guide. (NAL Call No.: TX553.S6S33 F&N AV).
Abstract: The detection and treament of hypertension, a cardiovascular disease, are discussed in a film for consumers. Hypertension (high blood pressure) is a major cause of death in America, affecting more than 5 million people yearly. One out of 4 Americans is affected by hypertension. Hypertension can be aggravated by salt (or sodium) found in foods or added to foods. Methods of moderating salt and sodium intake are discussed by: comparing the sodium content of fresh foods to processed foods; showing how similar products can contain varying amounts of salt/sodium; and identifying high-sodium-content common foods. Strategies for maintaining a low salt diet are given. (kbc)

0104
Salt: the hidden threat.
; Wallen, Stephen.~Heldman, Michael. Los Angeles Alfred Higgins Productions, Inc. c1983. 1 film reel (21 min.) : sd., col. ; 16 mm. + 1 sheet. (NAL Call No.: TX553.S6S35 F&N AV).
Abstract: Possible health implications of high salt and sodium intake are discussed. Ways to reduce sodium intake; find the sodium content of foods (in restaurant foods and in processed foods); and how to find suitable substitutes are discussed. Snack foods, food habits, and typical teenage food fare are covered. (kbc)

0105
Search for nutrition produced by U.S. Department of Agriculture, Food and Nutrition Service.
(Washington, D.C.) The Service (1983?). Sound accompaniment compatible with manual and automatic operation. 80 slides : col. + 1 sound cassette (10 min., 35 sec.) + 1 script booklet (10 p.). (NAL Call No.: TX361.A5S4 F&N AV).
Abstract: Materials developed for the American Indian food assistance program discuss ways in which the Indians originally secured foods. Drying and storing foods for use in the winter seasons and for medicine were important functions. Although the food choices today are more numerous, one must be careful about the foods selected. Foods high in salt, sugar, and fat are more abundant and often low in vitamins and minerals. Several medical problems (diabetes, hypertension) are discussed with particular emphasis placed on foods that can aggravate the conditions. Suggestions are provided that will help the individual choose foods carefully, select a wide variety of foods, and stretch the food dollar. The food groups (and the reasons for their importance in health) are explained. Exercise and calorie counting are stressed. (kbc)

0106
Shake the habit.
; Brown, Linda. Pacific Palisades, Calif. Polished Apple 1982. CREDITS: Author, Linda Brown; consultants, Annamarie Shaw, Patricia Wilhite. 1 filmstrip (43 fr.) : col. ; 35 mm. + 1 sound cassette (12 min.) + 1 program guide with script. (NAL Call No.: RM237.8.S45 F&N AV).
Abstract: A nutrition education program educates patients and the general public, and assists health professionals in hypertension treatment programs on sodium intake reduction. The kit uses the framework of the Basic Four food groups to identify high sodium foods and suggests low sodium alternatives. Non-food sources of sodium also are discussed. Practical guidelines are given for preparing flavorful meat without the use of table salt. Program participant goals include: recall of at least 2 physical effects that can occur with extra salt buildup in the body; identification of sodium food products from each of the 4 food groups; and determining whether foods from plant or animal sources have a higher natural sodium content. (wz)

0107
Shake the habit!learning to live without salt /written and illustrated by Linda Brown --.
Brown, Linda. Malibu, CA : Polished Apple, 1982. 1 filmstrip (43 fr.) : col. ; 35 mm. + 1 sound cassette (12 min. : 1 7/8 ips. mono.) & program guide. (NAL Call No.: DNAL Filmstrip no.64 F&N).
Abstract: This filmstrip program offers a simple cartoon approach that skillfully teaches people of all ages how to live without salt and high sodium foods. Health benefits and precautions

are discussed in an attempt to clarify to the viewer the reasons for lowering dietary sodium intake. The program identifies high sodium foods and suggests alternatives. It also offers practical tips on how to prepare flavorful meals without the use of the salt shaker. A program guide is included. (ls)

0108
The Silent killer a presentation of ABC News.
Northbrook, Ill. MTI Teleprograms Inc. c1983. Title on container: Silent killer, hypertension. 1 film reel (12 min.) : sd., col. ; 16 mm. ; 1 discussion guide (2 p.). (NAL Call No.: RC685.H8S53 F&N AV).
Abstract: Hypertension (high blood pressure) and its complications are discussed. Hypertension can be caused by diet, stress, medication, or heredity. Blood pressure is determined by serial blood pressure (systolic and diastolic) readings. When systolic pressure exceeds 140 and/or diastolic pressure exceeds 105 hypertension is exhibited. The physiological mechanisms resulting in high blood pressure have yet to be fully identified or recognized. Variations of diagnosis and treatment are explored as not everyone has the same severity or requires the same treatment. Weight reduction or elimination of most dietary salt/sodium are 2 of the methods mentioned. A discussion with a noted food editor is included. This film is the result of investigative reporting which appeared on a television program. (kbc)

0109
Slim chance.
Northbrook, Ill. Hubbard c1982. 1 game board (51 x 61 cm.), 6 packs of cards, 1 spinner, 4 trays, 1 calorie box, 1 bag of calorie chips, 1 instruction booklet. (NAL Call No.: RM222.2.S56 F&N AV).
Abstract: A nutrition education game for the general public teaches players how to balance caloric intake (food) with exercise (caloric expenditure) and how to maintain a safe body weight and minimize body stress. The game, designed for 4 players, is played by taking calorie chips by drawing a breakfast, lunch, or dinner card, giving up calorie chips (exercising) by moving the marker as indicated by the spinner, and by avoiding stress tickets. The object of the game is to keep the stack of calorie chips in the safety zone and to avoid stress tickets as the marker is moved around the board. The winner is the player with the fewest stress tickets. Options on caloric intake are made throughout the course of the game. Slim chance cards provide unexpected events which can affect the players caloric balance. (wz)

0110
The Spice of life.
Rosemont, Ill. National Dairy Council c1982. CREDITS: Producer, Jan Belcher; director, Curt Hahn; screenplay, Herbert Franklin Fox; editor, Clarke Gallivan. 1 film reel (14 min., 30 sec.) : sd., col. ; 16 mm. + discussion guide (16 p. : col. ill. ; 24 x 10 cm.). (NAL Call No.: TX361.A3S68 F&N AV).
Abstract: A film designed for use by health community educators with mature audiences, uses a story line in which a sister, visiting her recently widowed brother, helps him improve his outlook on meal planning and healthful eating. They shop, taking advantage of seasonal foods, generic brands, unit pricing and coupons and discuss nutritional needs, with emphasis on reducing total calories while maintaining adequate nutrient intake (especially calcium and fiber). Back at home, they discuss proper storage of perishables, and other purchased foods and preparation of small meals. A discussion guide provides suggestions for introducing the film and questions for follow-up discussion. (js)

0111
Stress.
; Mitchell, J. Gary.-Beach, Scott. Northbrook, Ill. MTI Teleprograms Inc. 1982. CREDITS: Producer, writer, J. Gary Mitchell -NARRATOR: Scott Beach. 1 film reel (21 min.) : sd., col. ; 16 mm. + discussion guide (7 p.). (NAL Call No.: RC963.5.A1S78 F&N AV).
Abstract: The role stress plays in cardiovascular disease and heart failure, is discussed. Stress can kill, therefore, one must learn how to live with it. Stress comes from our fast-paced lifestyle especially from work and its competition. Stress can be a positive force also. Three case studies are featured. The first man only temporarily managed to change is lifestyle (ceased smoking, ate and exercised properly) but he never learned to cope with stress in his life and died at 43. The second man changed his lifestyle after a heart attack, and the third attempts life changes to prevent coronary problems. Personality types are mentioned and a discussion guide is included. (kbc)

0112
Stressless journey.
Shawnee Mission, KS : GH Publications, c1987. Title from cassette label.- Program notes on container insert. 1 sound cassette (ca. 60 min.) : 1 7/8 ips, analog. (NAL Call No.: DNAL Audiocassette no.88).
Abstract: Visualization techniques designed to relieve the effects of daily stress are presented on this audiocassette from GH Publications. A visualization exercise allows one to escape from daily pressures and problems in the privacy of one's own home. A series of physical relaxation exercises is presented to help people ease physical tensions associated with stress. Visualization and relaxation techniques aim at helping individuals feel refreshed and at giving them new energy for facing day-to-day challenges with enthusiasm.

0113
Strokes Churchill Films.
Los Angeles, Calif. Churchill Films 1983. 1 film reel (10 min., 30 sec.) : sd., col. ; 16 mm. --. (NAL Call No.: RC388.5.S78 F&N AV).
Abstract: A presentation on the causes and effects of stroke points out that the brain is susceptible to damage from diseases of the arteries, particularly stroke. The mechanisms that set the conditions for a stroke are explained with emphasis on hardening of the arteries and blood clots. If a stroke occurs it will affect certain functions controlled by the brain. The functions (speech, memory, muscular control) affected will depend upon the location of the stroke in the brain. Once a stroke has occurred rehabilitation through physical therapy can help. Basic lifestyle changes, which may be required if there is a family history of stroke, include having regular medical checkups, exercising, learning to relax, eating balanced meals (lower in fat and cholesterol), and stopping smoking. (kbc)

0114
Supermarket savvyproducer/director, Vicki L. Metz.
; Metz, Vicki L.-Reed, Leni. Dallas : Produced for Family Experiences Productions by Holden Production Group, c1987. Title on guide: Supermarket savvy tour video. 1 videocassette (VHS-Standard play) (52 min.) : sd., col. ; 1/2 in. + 1 guide. (NAL Call No.: DNAL Videocassette no.330).
Abstract: Guidelines for using the nutrition information on food product labels to select healthier foods at the supermarket are provided on this 52-minute video cassette from Family Experiences Productions, Inc. Specific criteria are outlined for making selections from the following food groups that are lower in fat, sugar, and sodium: cheese, dairy, lunch meats, fish, meat, poultry, oils, margarine, eggs, salad dressing and mayonnaise, condiments, sweeteners, peanut butter, canned fruits and juices, canned goods, pasta, beans, bread, snacks, and fruits and vegetables. Nutrition claims used on foods-- sodium free, very low sodium, low sodium, reduced sodium, unsalted, no cholesterol, low calorie, reduced calorie-- are defined. Food sources of different type s of fats (polyunsaturated, mono-unsaturated, saturated, hydrogenated) and the method used to calculate the percentage of calories from fat in a food product are explained. A booklet accompanying the videocassette includes an index, a glossary of key terms, and a series of practical suggestions for healthy food preparation and eating.

0115
To your heart's contentpositive approaches to fitness. --.
Carlsbad, Calif. : Spectrum Films, 1982. Title from data sheet.- Intended audience: Adults.- Issued also as videorecording. 1 film reel (26 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.50 F&N).
Abstract: Understanding the importance of regular exercise for the maintenance of optimal health is the major goal this film. The importance of fitting physical activity into the sedentary adult life is stressed, and examples of people of various ages and backgrounds are given to illustrate to the viewer different ways in which everyone can incorporate exercise into their regular daily routine. Cardiovascular exercises are emphasized, such as swimming, walking, jogging, and cross-country skiing. (ls)

0116
Toward immortalityGannett Company.
Northbrook, Ill. : MTI Teleprograms, c1983. 1 film reel (27 min.) : sd., col. ; 16 mm. + 1 discussion guide. (NAL Call No.: DNAL FNC HQ1061.T68 F&N AV).
Abstract: A narrated film examines the meaning of increasing longevity, the reasons for it, its implications, and the problems and issues involved in living longer lives. Interviews with scientists regarding recent scientific advances in understanding the aging process are presented. Misconceptions about older adults and aging are discussed. The roles of lifestyle and nutrition in longevity are identified. An accompanying discussion guide includes a description of the film's objectives, suggestions for prescreening activities, a synopsis, after screening activities, and discussion questions. (ch)

0117
The Turnaround Workshop.
Clinton, Iowa : Campbell Soup Company, 1983? . "A Campbell Soup Company Program."- The Turnaround Workshop is a program of Campbell's Institute of Health and Fitness.- Booklets entitled: After the diet -- then what? / Henry A. Jordan, Theodore Berland -- Eating Smart / Judith S. Stern / R. V. Densenberg -- Your active way to weight control / Charles T. Kuntzleman. 160 slides, 1 sound cassette, 1 leader's guide, 3 booklets, 1 food diary, 1 calorie counter, 1 pamphlet, 1 evaluation form. (NAL Call No.: DNAL Kit no.17 F&N).
Abstract: "The Turnaround Workshop" was designed by Campbell's Institute for Health and Fitness as a personal enrichment program. It is based on integrating good nutrition, physical activity, and behavior modification for a sensible approach to healthy living. The program consists of five basic sections: an introduction to The Turnaround Concept, New Directions in Eating and Exercise, The Nutrition Turnaround, The Physical Activity Turnaround and a conclusion. The program demonstrates to people of all ages and occupations how to fit sensible eating and exercise habits into their everyday lives, using a system of simple behavioral strategies outlined in a complete kit. Slides, a cassette, a number of booklets, and a leader's guide are included in the kit. (ls)

0118
The Waist landeating disorders in America. --.
Deerfield, Ill. : MTI Teleprograms, 1985? . Title from container. 1 film reel (23 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.11 F&N).
Abstract: This film explores the social and psychological forces behind the growth of bulimia and anorexia nervosa, and how they are afflicting thousands of young women. The film explores the role of advertising in promoting the image of the "beautiful woman." It also investigates the psychological and emotional implications that surround the drive for thinness in our culture. Because of the emergence of widespread eating disorders, the film stresses the importance of re-evaluating weight standards and beauty images. (ls)

0119
The Waist landwhy diets don't work. --.
Deerfield, Ill. : MTI Teleprograms, 1985? . Title from container. 1 film reel (23 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.12 F&N).
Abstract: This documentary film is designed to focus on the issues of dieting and its role as a national obsession for most American women. The film illustrates the unfortunate role which the media play in presenting the ideal women as unrealistically thin. Interviews with doctors, psychologists and overweight individuals present information on the reasons for diet failures and the effect of todays "ideal image" on a woman's lifestyle and overall self-image. In addition, the health problems associated with constant weight fluctuations and poorly designed or fad diets are presented as serious problems. (ls)

0120
Weight managementGreat Performance Inc.
Chicago, IL : Great Performance, c1987. 1 videocassette (VHS) (11 min., 30 sec.) : sd., col. ; 1/2 in + 1 booklet (16 p.). (NAL Call No.: DNAL Videocassette no.295).
Abstract: Four aspects of weight management: moderate and regular exercise; making wise and nutritious food choices (lowering fat intake, food preparation tips, variety of foods and portion control); identifying emotions, attitudes and norms which can affect eating; and anticipating energy needs are the skills reviewed in this videotape and accompanying guidebook. Three goals of weight management-diet, exercise and attitudes- are reviewed. Common myths identified concerning weight control are: certain combinations of food promote afaster weight loss; one must avoid starchy foods to lose weight; spot weight reduction; and the inability for one to lose weight due to low metabolism. The appropriate percentages of body fat for men and women are discussed as a paramenter for body composition; and different ways to measure body fat are presented.

0121
The Wellness lifestyle ABC Wide World of Learning.
New York ABC Wide World of Learning 1982. 1 film reel (29 min.) : sd., col. ; 16 mm. (NAL Call No.: RA776.W38 F&N AV).
Abstract: "Wellness", an approach to living based on exploiting the link between body and mind is explained. Wellness encourages fulfilling one's potential through a 5 point program that incorporates nutritional awareness, fitness, stress management, environmental sensitivity, and self-responsibility. Using different age groups, the film describes the 4 stages in planning a wellness system: 1) presentation of the overall concept; 2) creation of a personal wellness plan; 3) the development of a support group; and 4) monitoring and evaluation. A leader's guide is included. (kbc)

0122
What is diabetes.
Timonium, Md. Milner-Fenwick, Inc. c1982. 1 film reel (11 min.) : sd., col. ; 16 mm. --. (NAL Call No.: RC660.W429 F&N AV).
Abstract: Diabetes mellitus, a controllable disease, is explained. Diabetes is defined and its effects on body function are illustrated (e.g., the relationship between sugar, insulin, and body cells) with graphics. Symptoms of diabetes include hunger, tiredness, frequent urination, and excessive thirst. Guidelines are offered for controlling the disease: eliminate sweet, sugary foods; lose excess weight; and exercise regularly. Take precautions to protect feet, hands and skin. Home urine testing is explained (results should be shared with the doctor). Medication (i.e., insulin) for control of diabetes is necessary for adults only when diabetes can't be controlled by diet alone. (kbc)

0123
The Whole truth dietpresented and produced by WGBH Boston in association with American Health.
Deerfield, IL : MTI Film & Video, 1987. "Sponsored by the makers of NutraSweet.". 1 videocassette (VHS) (28 min.) : sd., col.; 1/2 in. (NAL Call No.: DNAL Videocassette no.232 F&N).
Abstract: Pros and cons of some popular weight reduction diets are presented in this 30-minute video program that is part of the Bodywatch series hosted by Dr. James Duke and American Health Magazine. Fad diets that have been popular in the U.S. since 1900 and reasons why American society is particularly susceptible to fad diet promises are explored. Two of the most popular recent diet plans, "Fit for Life" and "The Rotation Diet", are evaluated for their medical and nutritional merits. Evidence is presented concerning the as yet unproven effectiveness of fad diets. The correlation between obsessive dieting and behavioral changes associated with certain eating disorders is examined.

Moderate caloric reductions and increases in physical activity are key components of any successful weight loss regimen. A "body sense tip" demonstrates proper food alignment and exercises to strengthen the feet and ankles.

0124
Your cancer care diet.
Malibu, Calif. : The Polished Apple, 1985. Title on container: Your cancer diet. 1 filmstrip (78 fr.) : col. ; 35 mm. + 1 sound cassette (16 min. ; 1 7/8 ips, mono.) + 1 program guide. --. (NAL Call No.: DNAL FNC RC271.D52Y68 F&N AV).
Abstract: This instructional program describes the role of nutrition in cancer therapy. It encourages the patient and his/her family to take an active part in the recovery process. Adequate nutrient intake can enhance cancer therapy. A well-nourished patient responds better to radiation and chemotherapy, and recuperates faster from surgery. The importance of not losing weight, the amount of protein and calories needed and ways to overcome rejection of food or eating problems is discussed. (kbc)

0125
Your cancer care diet.
Malibu, Calif. : The Polished Apple, 1985 . Title from label: Your cancer diet. 1 videocassette (15 min.) : sd., col. ; 1/2 in. (NAL Call No.: DNAL Videocassette no.35 F&N).
Abstract: The importance of proper nutrition in cancer therapy is stressed in this videocassette program for adolescents and adults, emphasizing the importance of minimizing weight loss, increasing dietary protein by 50% and Kilocalories by 20%, and overcoming loss of appetite and other eating problems. The etiology of cancer is described, including cell differentiation, to provide the viewer with an increased understanding of the disease., and a basic review of nutrition is included. The four food groups and suggested menus are discussed to help the patient with food selection. (ls)

0126
Your coronary care diet.
; Vickers, Linda. Pacific Palisades, Calif. Polished Apple 1982. 1 filmstrip (72 fr.) : col. ; 35 mm. + 1 sound cassette (11 min. ; 1 7/8 ips, mono.) + 1 program guide. --. (NAL Call No.: RM221.C3Y68 F&N AV).
Abstract: A dietary education program is presented for patients having coronary heart disease or a recent heart attack. The program emphasizes the important principles of good nutrition for the heart, recommending that sodium, saturated fats, and cholesterol be restricted from the diet, and that ideal body weight should be achieved and maintained. Possible health complications that could occur if this special diet is not followed include further heart muscle damage from fatty deposits within the arterial walls (atherosclerosis), increased blood pressure or hypertension, and increased body weight, increasing the demand on the heart. This program invites patients to take an active part in their own treatment by providing information on what foods to avoid or use sparingly. (wz)

0127
Your low sodium dietDept. of Health Education, Mercy Hospital. --.
Des Moines, Iowa : The Hospital, 1982. Title from container. 1 videocassette (14 min.) : col., sd. ; 3/4 in. (NAL Call No.: DNAL Videocassette no.54 F&N).
Abstracts: A videotape presentation depicts a woman with high blood pressure telling her neighbor about the low sodium diet her dietitian recommended. The woman explains rationale and principles of the diet; she then systematically reviews each food group, points out high sodium items in each group, and removes sample high sodium foods from her cupboards and refrigerator. Low sodium alternatives are described as the neighbors prepare a shopping list. Seasoning alternatives, brown bag lunches, and eating away from home are also discussed. (ls)

0128
Your renal diet author, Linda Vickers. -.
Vickers, Linda. (Pacific Palisades, Ca.) The Polished Apple 1982. Illustrations by Rob Vickers; consultants: Alison Anderson, Patricia Wilhite, Barbara Zachary. 1 filmstrip (66 fr.) : col. ; 35 mm. + 1 sound cassette (9 min. ; 2 track, mono.) + 1 program guide. --. (NAL Call No.: RM221.K5V5 F&N AV).
Abstract: A dietary education program is presented for the families of and patients suffering from kidney failure. The program emphasizes nutritional requirements during renal failure and discusses key nutrients, caloric, and fluid intakes and their relevancy to renal failure therapy. The patient is encouraged to assume an active part in treatment. While there are necessarily many dietary restrictions, there are a number of ways the patient can prepare and enjoy acceptable, flavorful, and nutritious meals. The program should allow the patient to identify key dietary nutrients for renal therapy, recall general dietary restrictions, and understand the consequences of not following this special diet. Such consequences include urea buildup in the blood (causing appetite loss, nausea, vomiting), fluid retention (causing shortness of breath, fluid build-up around the heart and lungs, increased blood pressure), and heart problems (from too much or too little potassium). (wz)

0129
Your ulcer diet.
; Vickers, Linda. Pacific Palisades, Ca. Polished Apple 1982. 1 filmstrip (63 fr.) : col. ; 35 mm. + 1 sound cassette (9 min. ; 1 7/8 ips, mono.) & 1 program guide. -- (NAL Call No.: RM221.P4Y68 F&N AV).
Abstract: A dietary education program

for use with patients having peptic ulcer disease, their families, and health care providers is presented. Discussion covers food items which are known to increase gastric acid secretion, decrease mucous cell formation, and relax the lower esophageal sphincter, all of which contribute to ulcer formation. Irritable food items include caffeine drinks, alcohol, pepper, and other spices. The program encourages the patients to take an active part in treating the peptic ulcer, and emphasizes dietary restrictions, rest, and antacid therapy. The patient should be able to identify key detrimental dietary factors, understand the consequences of not following the recommended special diet, and recall the general dietary restrictions upon completion of the course. (wz)

0130
Your weight reduction dietLinda Vickers. --.
Vickers, Linda. Malibu, CA : The Polished Apple, 1984? . Audience: patients.- VHS format. 1 videocassette (12 min.) : sd., col. ; 1/2 in. (NAL Call No.: DNAL Videocassette no.73 F&N).
Abstract: This audiocassette is designed as a patient education program for persons on weight reduction diets. It uses cartoon illustrations to present information on Calorie counting, behavior modification, and increasing physical activity. Two main goals of the program are to help the patient understand the importance of a weight reduction diet and to recognize possible complications of not following the diet. Calories are defined and information is given to achieve one pound of weight loss per week by decreasing energy intake and increasing energy expenditure. (ls)

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